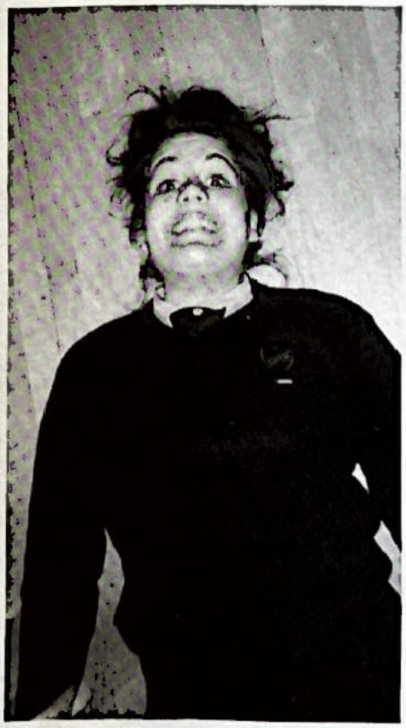
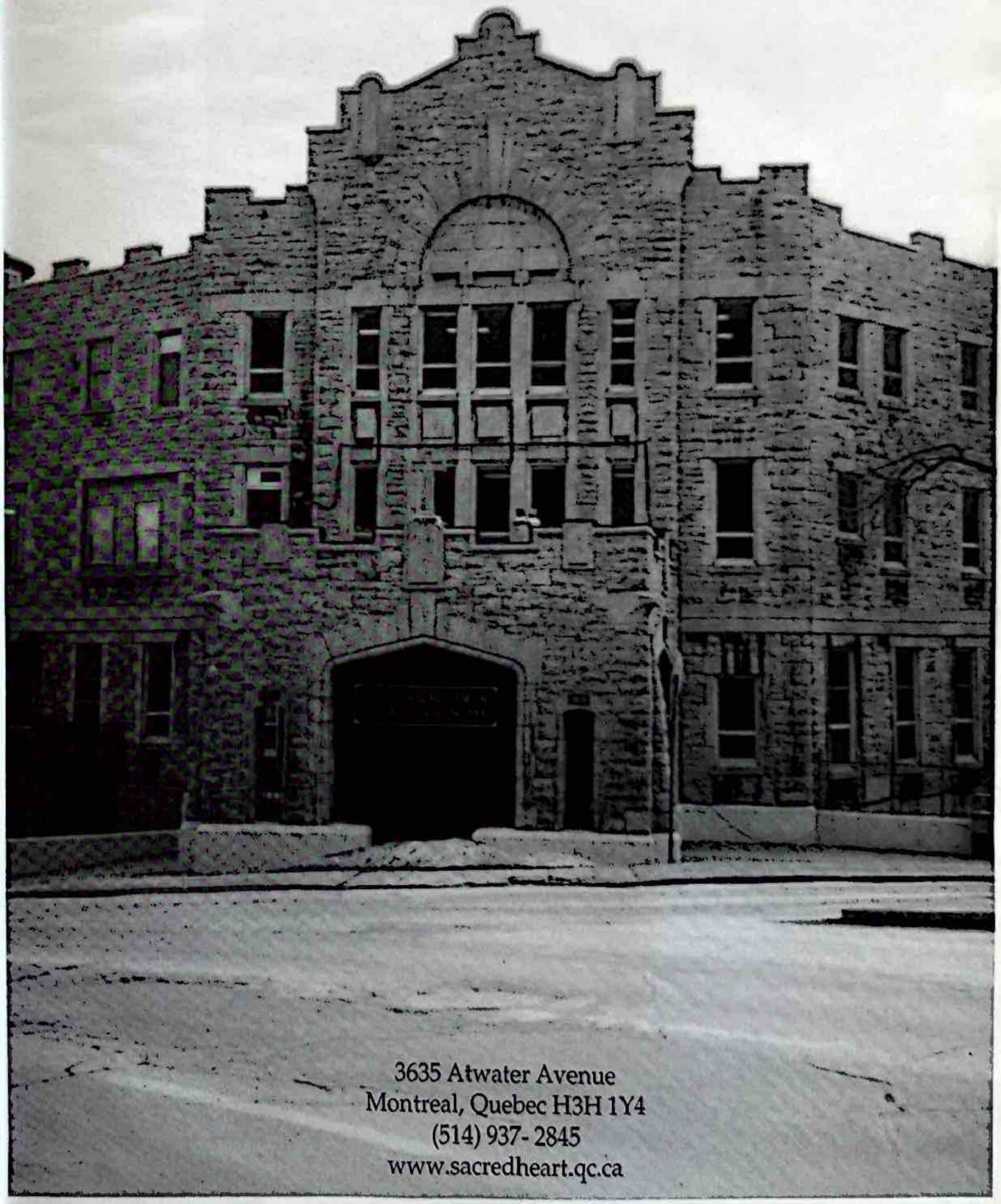
MEMORIES FROM THE HEART

www.oxfam.qc.ca
ou en téléphonant au
(514) 937-1614



Said

The Sacred Heart School of Montreal



3635 Atwater Avenue
Montreal, Quebec H3H 1Y4
(514) 937- 2845
www.sacredheart.qc.ca

Published in Canada
Printed in USA

HEADMISTRESS' ADDRESS

To the Class of 2003,

Over the past five years you have developed friendships which will last a lifetime; friendships that will leave footprints in your hearts forever. Many people come in and out of our lives and we learn that friendship is more than an acquaintance and involves more than affection.

It is said that love is blind but friendship is clairvoyant. Friends stick together in adversity, give more than they expect to receive, and incite each other to higher purposes. Small deeds, as well as great acts of sacrifice, are done for the sake of friendship. Cherish the friends you have made here and remember that, as alumnae, you will always be a part of Sacred Heart.

"There is a destiny that makes us sisters:
None goes her way alone;
All that we send into the lives of others
Comes back into our own."

As you move on to the next stage of your education, I wish you the joy of new friendships, the comfort of old friends, and the experience of health, happiness, and success.

Elaine Brooks
Headmistress

ADMINISTRATION

Who knows what it is going to be like five years from now. But if you think back five years ago, the changes in your life have been immense, you entered The Sacred Heart School of Montreal after having spent the first seven years of your educational life in primary school and you looked upon secondary school as a challenge, a new place to further your education. During these years you learned a great deal from your teachers, but most of all you learned a great deal about yourselves. You now embark on the next leg of your journey, one which will include college and then university. I hope that the time spent at Sacred Heart was time well spent. I have certainly enjoyed helping you and your classmates during your years with us and I wish you success in the choices that you make in the future. Imagine the possibilities that await you.....

Peter Kousik
Director of Studies

To the Class of 2003,

Five years have come and gone so quickly. I remember so many of you waiting anxiously to write your entrance exam. Here you are five years later ready to "take on the world." You can make a difference in this world of ours. I know you will! I hope that all you've learned here will help you. Remember respect for others, unselfishness, gratitude, strength and not to be forgotten, "sense of humour." I love you all and I will miss you. -R.D.T

Rosanne Del Torto
Director of Students

To the Graduating Class of 2003

All your hard work and diligence has paid off and you are "The" Class of 2003. You have successfully completed an important part in the education cycle but what is also memorable are all the friends you have made at the School, in the administration, faculty and staff and of course your fellow graduates. Cherish these friendships as they are a bond from your past and a means to your future.

Pursue your dreams with the same vigour you displayed in the classrooms and corridors of the School, and be your own person but at the same time retain the values instilled from a Sacred Heart education. Your successes will serve to make this institution proud.

Be happy, be kind, be proud. God bless.

Abid Salman
Business Administrator

Ms. Carmen Antonini | Mme. Marie France Arnaud | Mr. Nadim Bahou | Mrs. Maureen Barnett | Mme. Nathalie Belfort | Miss Natalie Bich

Mr. Tino Bordonaro | Ms. Iveth Bosmediano | Ms. Amelie Boucher | Mrs. Lynne Brodrick Cochrane | Mrs. Margaret Crowe | Mrs. Dawn Cummi

Mme. Christiane de Sainte Marie | Ms. Nina DiPalma | Mme. Sylvia Drouin | Mrs. Jean Filipovich | Mr. Eric Fillion | Ms. Mary Gendror

Mr. Paul Hammett | Mr. Peter Judson | Ms. Fran Lakatos | Mr. Martin Laperle | Ms. Lisa MacCallum | Ms. Joan Maciella

Faculty and Staff

Ms. Roxanne Martel

Ms. Joanne Mastro

Mrs. Carole McKinnon

Mrs. Kathy McNally

Mme. Louise Morrisseau

Ms. Sarah Neeff

Ms. Alison Nish

Ms. Sandra O'Neill

Mr. Martin Pagé

Ms. Audrey Portanier

Ms. Patricia Potter

Ms. Priscilla Rocha

Mrs. Heather Seeger

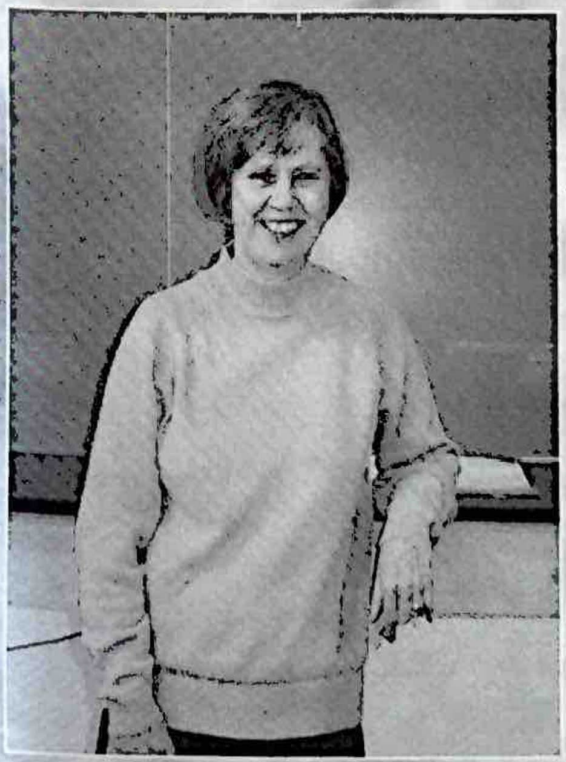
Mr. Emmanuel Soret

Mrs. Ann Stewart

Mme. Marie-Josée Talbot-Provost

Ms. Jean Thomas

Mme. Marina Tremblay



Ms Jean Thomas, beloved science teacher, is retiring this year after many years of loyal service to the students of Sacred Heart. The majority of us have been taught different aspects of science from her, and although we might forget the different parts of the eye, or the significance of the raisin bun model, we will never forget her kindness and generosity of spirit. She has spent countless hours after school (especially for Robotics!) and was always willing to go over any of the scientific problems that we might be having. Ms Thomas, this school will not be the same without you, and you will be dearly missed by all.

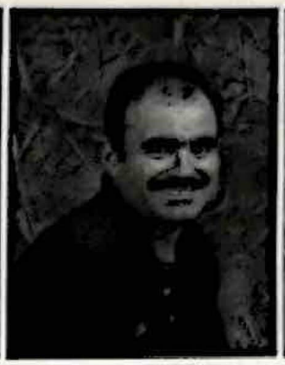
Ms. Rosemary Vaupshas

Faculty's Most Likely To...

Ms. Antonini: expand her wardrobe to include colours such as purple, pink or orange.
Mme Arnaud: figure out a way to separate her atoms so that she can walk through walls.
Mrs. Barnett: lose track of time and forget to go to all of her classes.
Mme Belfort: high jump over a pile of French textbooks.
Ms. Bichsel: set a Guinness World Record for uttering the most words in under 10 seconds.
Mr. Bordonaro: quit teaching to start a teenage girls help line.
Ms. Boucher: forever remain a teenager at heart.
Mrs. Cochrane: fast forward all the way through Hamlet, because there is not enough time to finish reading it properly.
Mrs. Cumming: develop an ulcer, and seek help through stress-management classes.
Mme de Sainte Marie: figure out a way to travel back to medieval France.
Mme Drouin: give the whole class a detention while substituting.
Mrs. Filipovich: slouch.
Mr. Fillion: get beaten up while under the delusion that he is Rocky.
Ms. Gendron: change the colour of her hair every other day.
Mr. Hammett: defend the statement "Cars are tools of the devil".
Mr. Judson: clone himself and take the day off.
Mr. Laperle: scare you to death on the first day of school and then turn out to be the most magnanimous teacher you will ever meet.
Mrs. McKinnon: set the world record for the most "Shhh" in a row.
Ms. McCallum: forever defend that diving for the volleyball does not hurt.
Ms. Martel: not ever sing out of tune.
Ms. Mastro: forget to wear her house pin.
Mme: Morrisseau: forget the real names of her Spanish students.
Ms. Nish: calculate her income taxes improperly.
Ms. Neeff: torment students by eating while watching them do the beep test.
Ms. O'Neill: live happily ever after with Jason, and Clara.
Mr. Pagé: teach a math class in song, on rollerblades, while breaking chalk.
Ms. Portanier: laugh at the most inappropriate moments.
Ms. Potter: keep on enjoying her "Renaissance" (spring) days.
M. Soret: illegally keep monkeys in his basement and insist that the designs on his tie actually depict ghosts.
Mrs. Stewart: have a baby girl who is a math genius.
Mme Talbot: spend all of her evenings doing sports.
Ms. Thomas: spend all of her time after retirement building robots.
Mme Tremblay: work at Sacred Heart for the next twenty years and not realize it.
Ms. Vaupshas: send her daughter to Villa Maria.

Mr. Daniel Boyer

Mr. Tommaso Draicchio



Mr. John Filipe

Mr. Jose Filipe

Mr. Yvon Guilbault

Mr. Lucien Lamouche

Mr. Gedi Snapkauskas

Mrs. Daisy Troi

Maintenance, Housekeeping, Security and Kitchen Staff

Thank You!

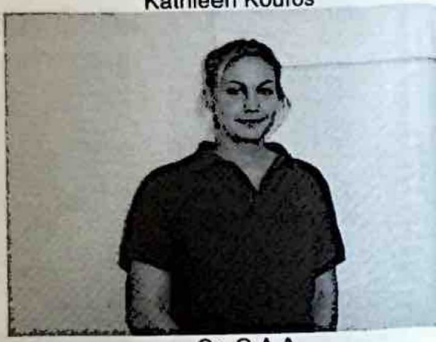
President
Alicia Troli

Vice -Pesident
Georgia Vriniotis

Secretary
Kathleen Koufos

Treasurer
Amanda Barile

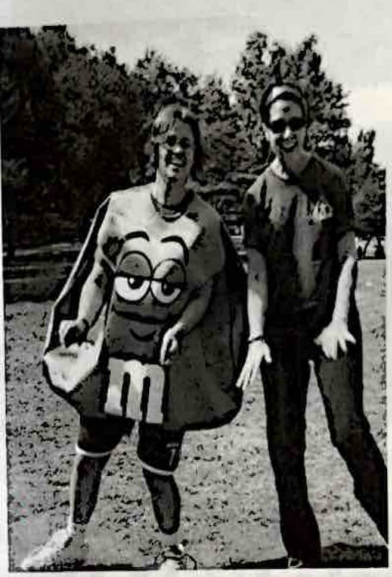
Co-G.A.A.
Christine Layden

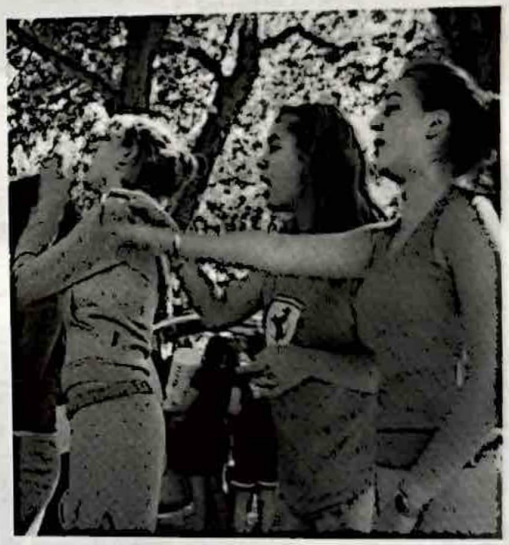


Co-G.A.A.
Serena Trifiro

Follow the leaders...

Houses





Barat

To all my amazing Baratians,
Being able to represent this outstanding house has been an honour, although I could never have done it alone. A huge thanks goes out to Ms. Neeff for continuous advice and encouragement, we learned the ways to the top together! Ms. O'Neill, Mr. Judson, Ms. Thomas, and Mme.Talbot, thank you for endless support and enthusiasm, it hasn't gone unacknowledged! To my "beary" dedicated bears, Andria, Tanya, Jenika and Claire, thanks for all your help, and for always understanding; we made a great team! To all the rest of my Barat family, thanks for making Barat number one! Never lose the Barat Pride, and remember; we will ALWAYS be the best!

Keep up the great work, I'll miss you all!
Natasha

Andria Arcari, Tanya Chawla, Jenika Ferretti-Gallon, Claire Carny

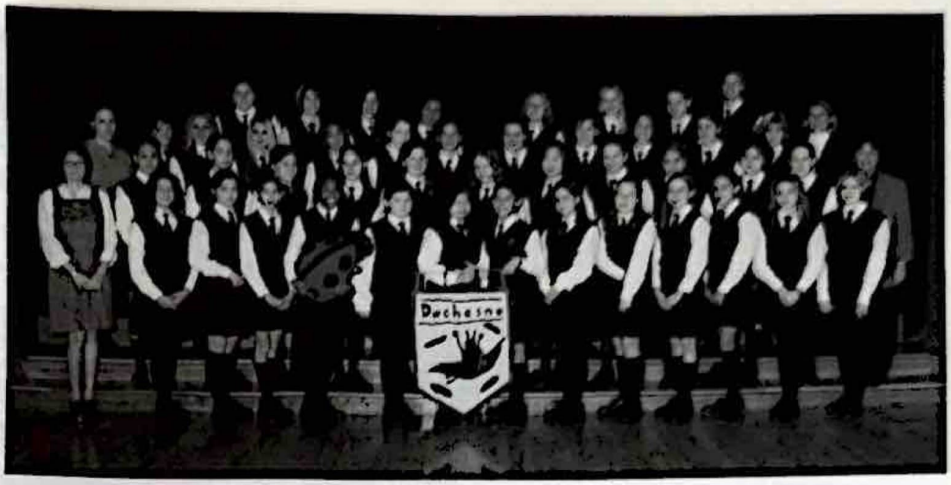
Digby

Stephanie Panetta, Amanda Conca, Keyinsha Yokenderan

To our fellow grey and pink princesses of the jungle,
You made us extremely proud to represent you as your two househeads. We would like to thank our house affiliates and especially our fearless leader, Ms. Antonini, for all your constant support throughout the year. A very special thanks goes to our AMAZING executive: Amanda, Keyinsha, and Steph. Thanks for putting up with our craziness! We will definitely miss you all! Never lose sight of that ferocious and courageous lion that lies within all of you. Digby is truly the best! Don't let anyone tell you otherwise. They're just jealous...

Love,
Rita and Peggy

Duchesne



Nicole Brunelle, Meaghan Evans, Katherine Stavro, Alyssa Esposito

Dear Duchesners,
Thank you for making this year one of my most memorable. You have been fantastic to work with. I would especially like to thank the following girls for making my job that much easier: Alyssa, Katie, Meg, Nicole, Kristine for doing the web page and Christina Rizzo for all her help with the house fair. A big thank you to Ms. Vauphas for all the support. Remember girls, you will always be RED HOT!

Love,
Kate

duRousier

Who said we wouldn't make it this far? Thanks to Claudine, Sacha, Vanessa and Andrea, you have really let the true color of duRousier shine through. Mme Drouin, you have led our path to success. All my duRousians, you have made me so proud. Sabrina, you showed us the strength of one. The end is here and I enjoyed each moment with you all!

Love,
Celia

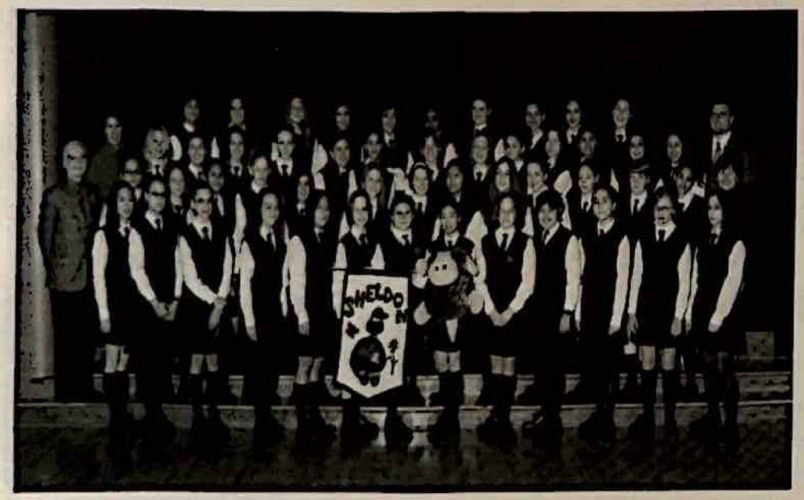
Andrea Sargisson, Sacha Lee, Claudine Courey, Missing: Vanessa Lombardi

Hardey

To my monkeylicious monkeys,
It has been a blast being your House Head this year. Never forget to wear the color orange with pride, to cheer as loud as you can, and most of all, to be as monkeylicious as can be. Thank you M. Soret for always showing your pride and spirit for the house. Hardey wouldn't be the same without you. Special thanks to my hardworking executive: Lydia, Margaret, Beth, and Arohie. You made my life easier! Never lose your orange, and monkey loving spirit, my loyal Hardians! Once a Hardey girl, always a Hardey girl! I'll miss you all. Thanks for being such a great house!!

Love
Vanessa

Lydia Anber, Margaret Snell, Arohie Chopra, Bethea Clarke

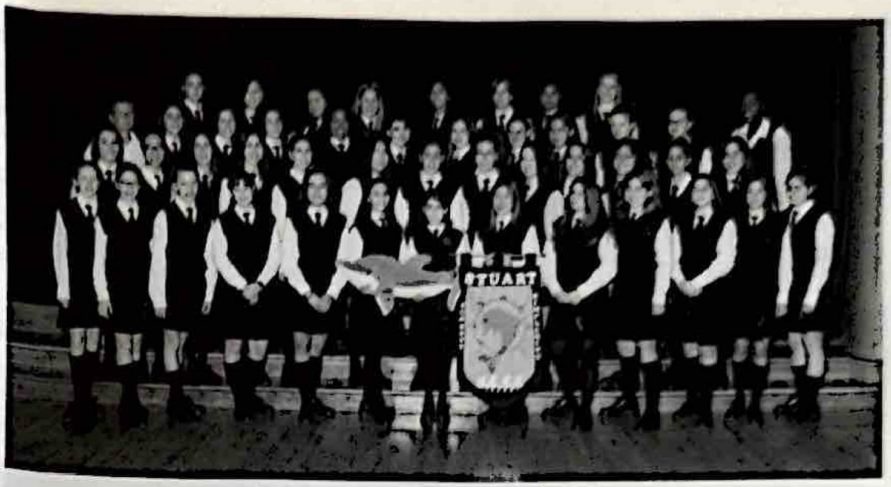


Sheldon

To all my dearest Sheldonites,
This has been a great year and a wonderdul experience I owe it all to all you girls! You have definitely made my last year memorable. You have made me very proud to be your House Head. A special thanks goes out to Ms. Potter, Alex, Bianca, Sarah and Anne. Remember wear the colour green with pride! Go Sheldon!

Love
Emily

Alexandra Di Cori, Sarah Al-Roubaie, Bianca Daniell, Anne Fournel



Stuart

Halina Bruce, Teresa Chimienti, Tiffany Porraccio
Absent: Alexandra Crevier

To my true blue Stuartians:
We had a great year. Everyone worked really hard and we were a success. Being your House Head was so much better than I had ever imagined. Your enthusiasm and dedication never ceased to amaze me. Ali, Tiff, Halina, and Teresa; thank you for all your support and the laughs. Mr. Hammett, you are the most understanding and intelligent house advisor. It was fun. Thank you so much. Stuart house, you are the best ever.

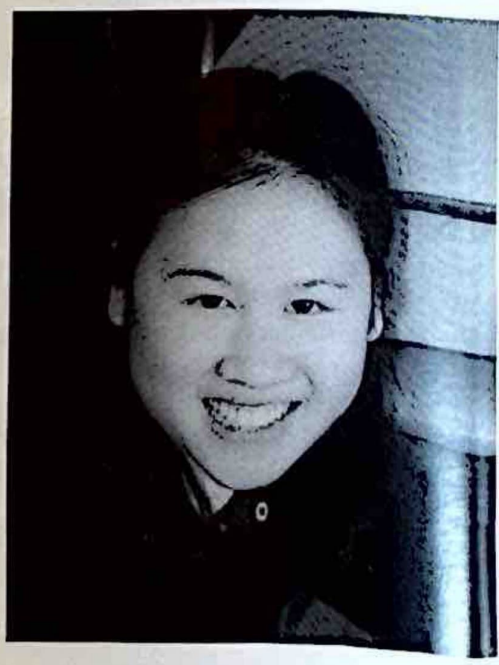
Love,
Tara

Trincano

To all my Purple Ladies, being your House Head was awesome this year! Thanks to all of you for the great memories you have given me. Thank you Ms Gendron, Pam, Lisa, Sarah and Christa for all the help this year, I couldn't have done it without you! I also want to say a big thank you to my Sec I members and to Staz, you girls are what made me want to come to house meetings. I loved being Trincano House Head and I'm so sad that it had to come to an end so soon. I will always hold the colour purple (and cows!) close to my heart. I wish everyone all the best! KEEP THE PURPLE PRIDE ALIVE!

Love always,
Sophia

Lisa Zimanyi, Sarah Zullo, Pamela Rotondo, Christa Goulakos



UNDERGRADS

Secondary I

Gabrielle Alacchi
Mélanie Al-Ahmad
Allyssa Analytis
Michelle Arseneault
Lara Artinian
Joanna Bitharas

Olivia Brown
Catherine Brunelle
Olivia Cameron
Jessica Carriero
Kirsten Charron
Madelyn Coull

Jessica Covino
Xina Cowan
Krystin D'Agostino
Caitlin De Seve
Jessica Deer
Alexandra Deutschman

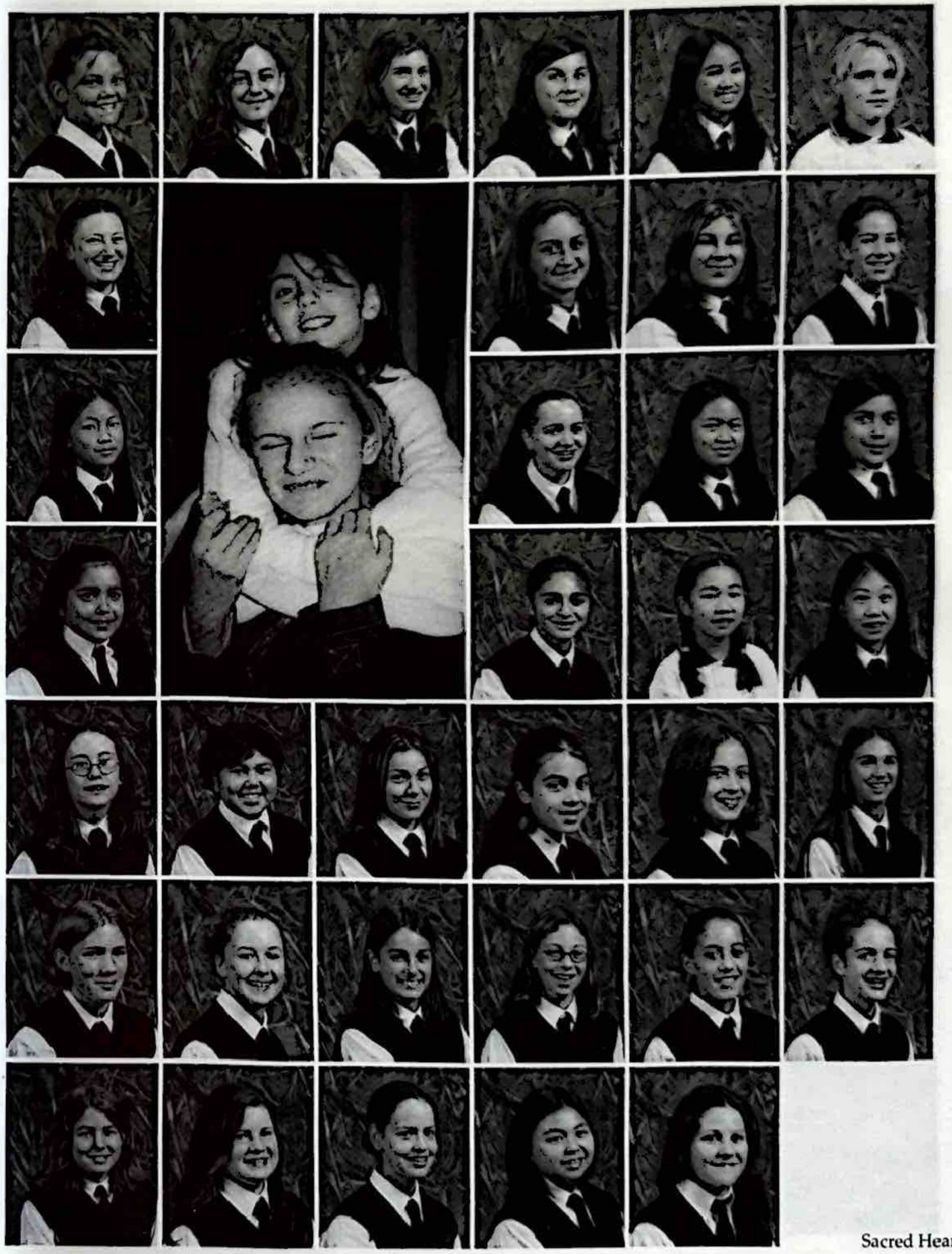
Lea Dikranian
Hélène Dolberg
Claire Farrell
Ruveneko Ferdinand-Peterkin
Tara Frem
Elise Fryml

Alessandra Giuliano
Melania Golymbiowsky
Alana Guy

Elizabeth Hatzihristidis
Vanessa Jaskolski-Ronald
Stéphanie Karzon

Gillian Kerr
Sophie Laferriere
Victoria Laliberté
Katrina Lamothe
Andrea Latella-Duboyce

Class of 2007



Tanya Lo Basso
Sophia Loffreda
Melissa Lombardi
Davina Loporcaro
Viviane Luu
Grace MacDonald

Cynthia Mancinelli
Francesca Manno
Amanda Marando
Lisa Martin

Tian Martin
Marie McCulloch
Im-Amara Men
Alexandra Molettieri

Daniela Molettieri
Tanya Naami
Gloria Nguyen
Mai Nguyen

Valentine Ostaszewski
Amanda-Lee Phillips
Josie Pisciuneri
Sonia Ponari
Kristina Raimondo
Stephania Roy

Emily Snell
Elizabeth Stronach
Hillary Tabah
Sheena Thibault
Rachel Thouin
Alexandra Troli

Caroline Trubiano
Lauren-Amy Vaupshas
Kia Watkins-Martin
Carissa Wong
Monika Zilic

Secondary II

Alexandra Abrol
Christina Abrol
Vanessa Afonso
Stephanie Alberga
Stephanie Amorosa
Michelina Atallah

Tina Athanasoulias
Caitlin Babin
Jennifer Barwick
Anne Bellini
Janet Belliveau
Vanessa Berretta

Stefania Bertrand
Erin Brownbill
Olivia Burke
Andrea Cavaleri
Sara Cavalluzzi
Emily Chacra

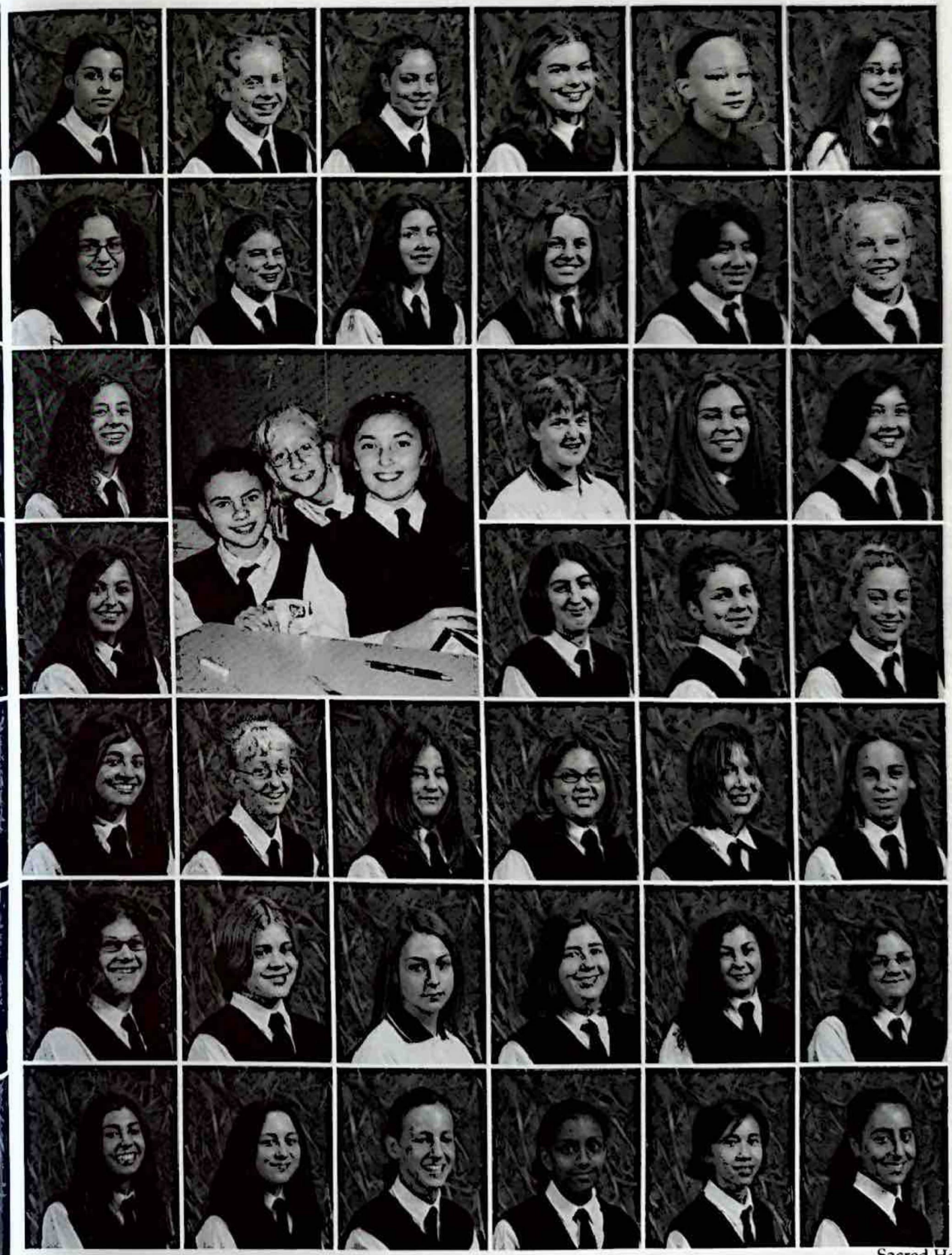
Shayesta Chattoo
Virginia Clarke
Isabella Covino
Sarah Crevier
Maria Cusma Dovico
Jessica D'Amico

Elisa D'Ascanio
Jessica De Rosa
Meghan Denison
Melissa Desmarais
Crystal De'Souza
Christina D'Itri

Catherine Dunn-Sarmiento
Catherine Farrell
Marion Gale
Linnet Ganten
Alexandra Giannakis
Sandra Godin

Robyn Grassby
Nisha Jaga
Lambrini Kakogiannakis
Laura Kavanagh
Stephanie Khoury
Gabrielle Lafrance

Class of 2006



Natasha Lambrinos
Charlotte Lamontagne
Alexandra Lantosh
Isabelle Lévesque
Michelle Lewis
Diana Mackinnon

Katherine Mandilaras
Stephanie Maris
Isabella Matteo
Kelsey Mazzanti
Yasmin Moinuddin
Jennifer Newton

Kylie Newton
Katherine Nicol
Stephanie Pakis
Kathryn Palmer

Jennifer Panetta
Katerina Pansera
Melissa Pansera
Nicoletta Pantazopoulos

Vanessa Pendenza
Alyssa Power
Samantha Reusch-Desautels
Lisa-Marie Rinaldi
Caroline Rudolph-Zbarsky
Janelle Rutherford Stone

Jennifer Sacco
Alexandra Sampson
Kristin Sani
Nadia Santagata
Nadia Simeone
Patricia Snell

Bianca Sportella
Melanie Tutino
Stephanie Vokaty
Diana Wilberg
Kayla Yip
Stephanie Zakem

Secondary III

Katelyn Abbey
Hebatallah Abdelhadi
Alique Akkelian
Anne-Michelle Arless
Ashley Arnold
Robyn Asquini

Alexandra Bagdoo
Skawennio Barnes
Danielle Beard
Adrienne Campbell
Nikki Canadian
Claire Carny

Rachel Caron
Vanessa Caruso
Melissa Cavaliere
Kristina Charlton
Teresa Chimienti
Katarzyna Chmielarz

Arohie Chopra
Sophie Cowan
Cassandra Cuffaro
Amanda Danik

Lindsay David
Jillian Davis-Annett
Nastasia De Paoli
Caroline Donohue

Natasha Egiziano
Josephine Esposito
Meaghan Evans
Anne Fournel
Tracy Frem
Allison Freund

Carly Fridhandler
Laura Giaccari
Christa Goulakos
Sophia Grigoropoulos
Dayna Hajaly
Marisa Hattem

Class of 2005

Melissa Hindley
Krista Hold
Lauren Jacco
Maria Kyres
Dania Lecomples
Émélie Lee Larivée

Jennifer Lim
Natasha Lo Basso
Alessandra Manno
Caterina Marando
Evanthia Markou
Miju Martin

Kathleen McCallan
Sara McCulloch
Katherine Meredith
Amanda Murray
Chanel-Ann Najjar
Stephanie Panetta

Deena Patel
Tania Pellizzari
Romina Perrotti
Monica Peters
Teresa Pisciuneri
Anna Pollock

Sabrina Ponari
Sophie Predan-Chauvin
Lisa Rasmussen
Ritz Salvador
Bianca Santangelo
Andrea Sargisson

Sophia Sekkat
Ravneet Singh
Claudia Spina
Shannon Summers
Megan Thomas
Mila Tran

Dan Thanh Truong
Alexandra Valente-Fernandes
Tenisha Valliant
Christine Vannelli
Vanessa Velkoff-Woo
Diana Zavergiu

Secondary IV

Sarah Abdelhady
Martha Aguilar
Laura Aiken
Sarah Al-Roubaie
Nur-Ul-Ain Arif
Sofia Baig

Waienhawi Barnes
Catherine Bornasal
Sarah Brossard

Halina Bruce
Nicole Brunelle
Khandro Burkhar

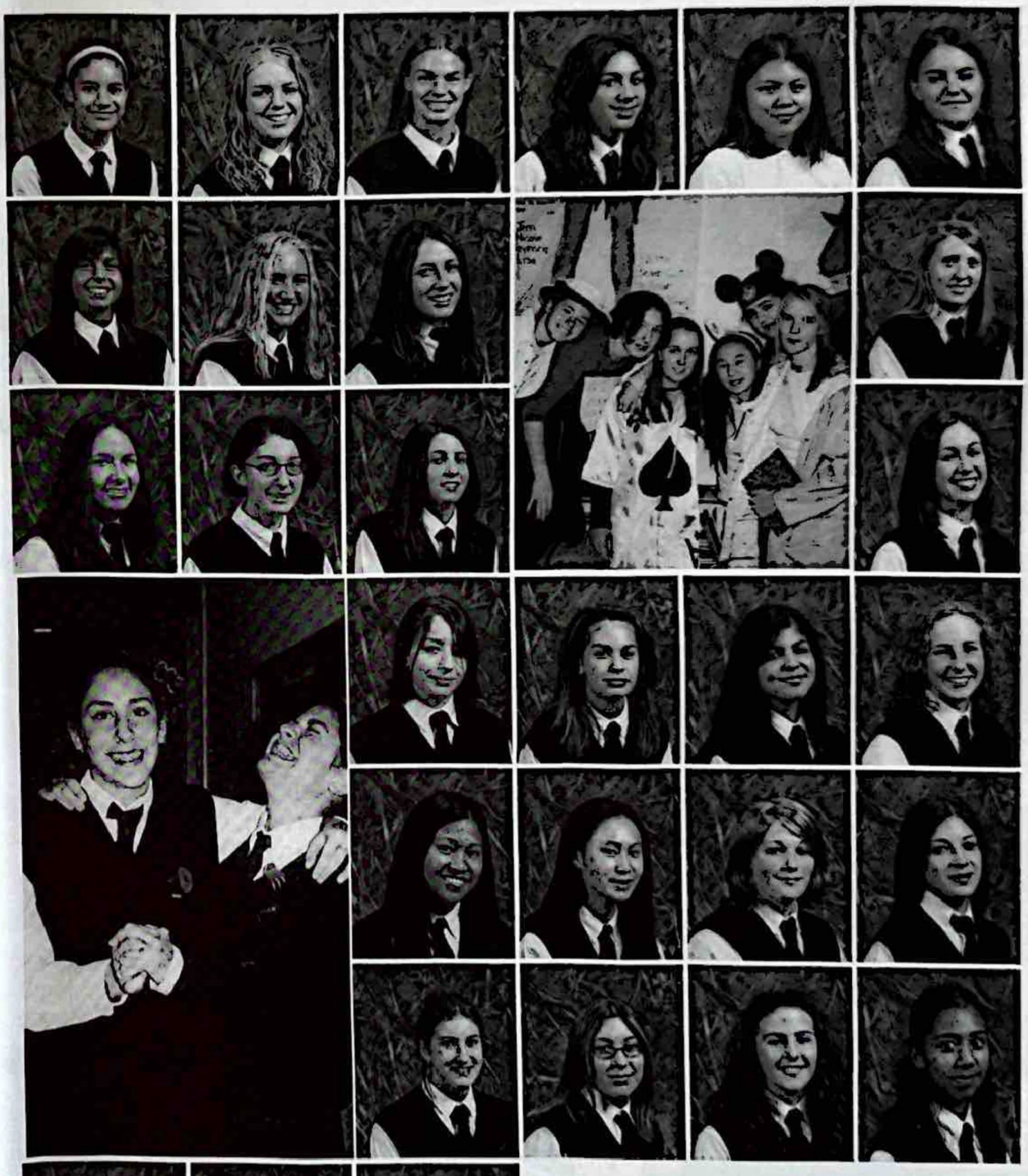
Michelle Cadieux
Natasha Cami
Elise Carré
Liana Casella
Tecla Cesta
Ashton Charles

Stéphanie Charron
Tanya Chawla
Gloria Choi
Bethea Clarke
Amanda Conca
Stephanie Coull

Bianca Daniell
Lara Derkevorkian
Carolyn Derynck
Justine Farah
Jenika Ferretti-Gallon
Myriam Fournier-Tombs

Candice Fridman
Alicia Giammaria
Pamela Hamilton

Class of 2004



Teedah Hammer
Sara Henderson
Emily Howard
Nairy Kazandjian
Katherine Kwong
Marina La Verghetta

Vanessa Lombardi
Jennifer Marton
Jessica McBain
Natalie Melikoff

Alexandra Pakis
Adriana Pansera
Vanessa Pertugia
Tiffany Porraccio

Dana-Jay Reda
Christina Rizzo
Natasha Rizzo
Caroline Roy

Deidra Santos
Jessica Sew
Margaret Snell
Ashley Stacey

Katherine Stavro
Laura Vannelli
Amanda Vecchio
Keyinsha Yokenderan

Andrea Zakem
Laura Zakem
Lisa Zimanyi

Secondary I Retreat

When the time for Secondary I retreat arrived, none of us really knew each other that well. We'd all started to make friendships, but not all of us had picked our "soul sisters" for high school. We travelled in a bus in the bright sunlight, all laughing and exchanging e-mail addresses, waiting to arrive at the convent where we would have our first retreat ever. When we got there we were greeted by the nuns and taken to a room where we watched a film called *The Air Up There*.

Afterwards we were served a hot lunch of chicken and fries. Many girls were eager to go outside in the cool breeze. Once out in nature, we all ran around screaming, and laughing and taking pictures. (What a spiritual experience!)

The teachers told us over and over again not to jump or fall off the wall for we would crack our heads. No worries! Later we all went inside to sing songs with Mr. Hamett. After we started to get tired, our off-key singing sounded like a fog-horn, so Ms. Mastro called us into a circle. We each received a special dove pin which symbolizes peace and love.

That day, we all got to know each other a little better, and because of that, made new friends. It was a wonderful experience!

Xina Cowan

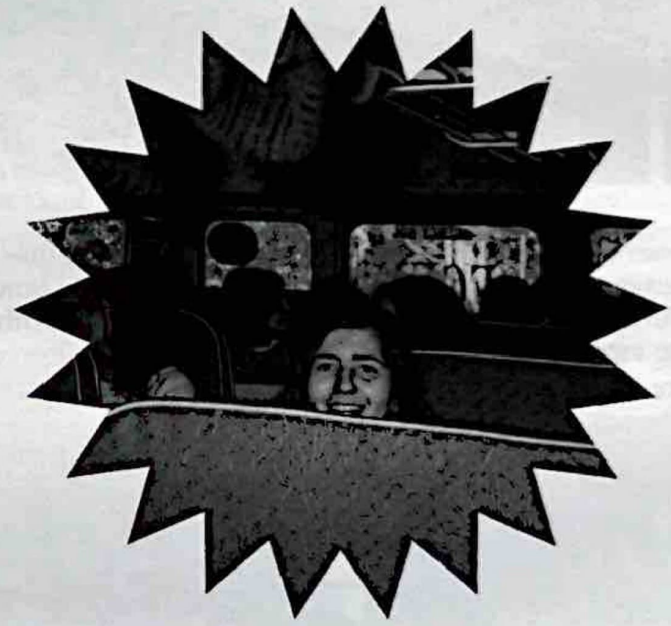
Secondary II Retreat

On the crisp fall morning of October 18th, 2002, 81 enthusiastic students disscussing each other's hair and Oh! those great new Mrs. Sixty Jeans, disembarked big yellow buses into the warm and welcoming atmosphere that the sisters of the Hermitage Ste. Croix have created.

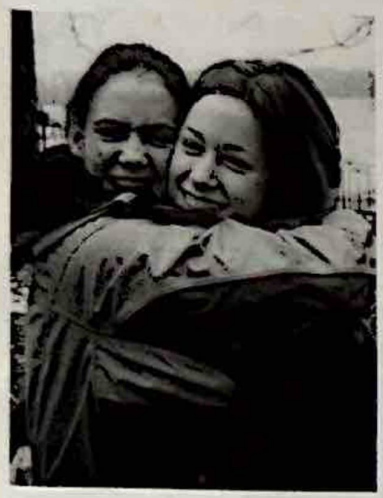
These Sacred Hearters had a reason to be excited. Mr. Hammett, Ms. Mastro and Ms. Gendron had a fun filled day of activities planned to keep them busy. The retreat started like any other : with a touching movie that left us all a bit teary eyed. After a delicious lunch prepared by the sisters themselves, we rushed out to enjoy one of the last days of fall, all the while snapping pictures that we will cherish forever. After realeasing some energy we were once again assembled to play one of those games that kept us in the dark. Literally! Before we knew it, the day was over and it was time to return to that big stone building that we call our school.

Thank you Mr. Hammett, Ms. Mastro and Ms. Gendron for a wonderful Sec. II retreat.

Charlotte Lamontagne
Vanessa Pendenza

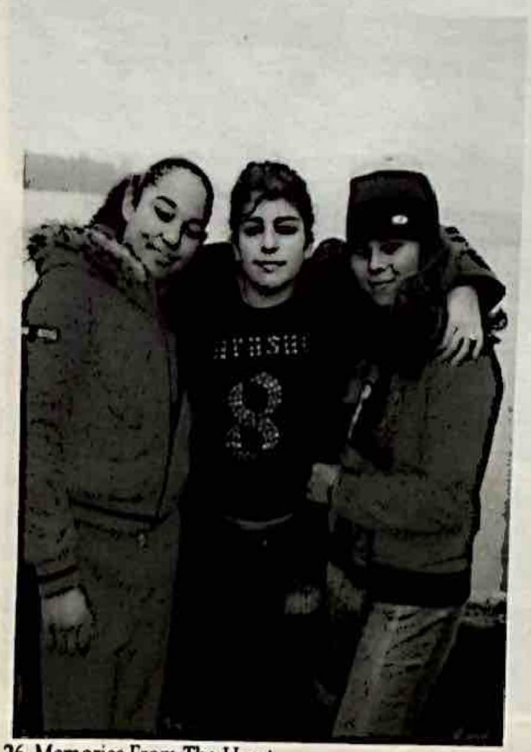


Secondary III Retrea



On a bright and sunny November day, the secondary III students left for Hermitage Ste-Croix with great anticipation. The day was filled with entertainment, reflection, and Kodak moments. The time spent singing songs and playing in the snow was accompanied by laughter and smiles. The retreat ended with the singing of songs led by Mr. Hammett's trusty guitar. From the value filled movie *The Breakfast Club* which allowed us to reflect upon our own friendships to the forgiveness of our sins, this day will always be remembered. As we boarded the buses, the laughter and singing continued allowing the amazing and memorable retreat to be enjoyed by every student. Special thanks to Ms. Mastro, Mr. Hammett, and Mr. Fillion who made this day a wonderful experience.

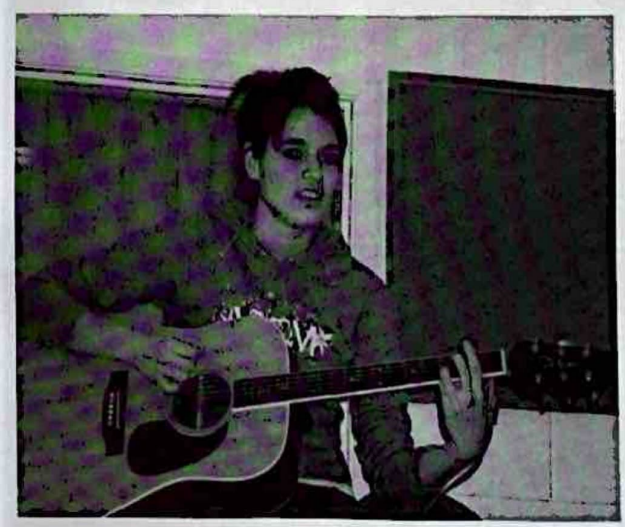
Stephanie Panetta
Teresa Chimienti



Secondary IV Retreat

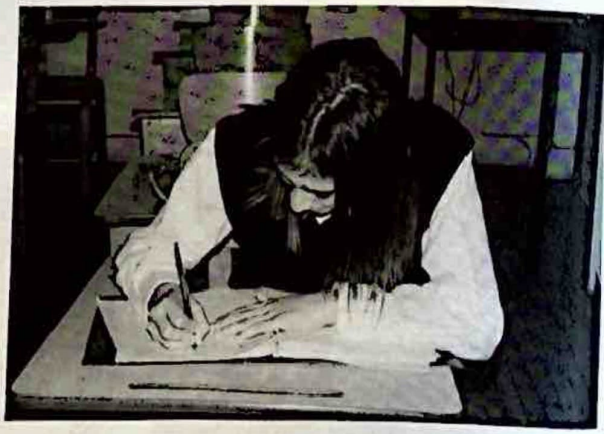
Our Secondary IV retreat was enjoyable and very relaxing. We started off by watching the movie *Lean on Me* and were surprised by a special visit from Deidra. Everyone was delighted to see her and waited in line to give her a hug. The weather was still quite cold but we had fun nonetheless sliding on the ice. Once we went back in we sang songs. We cannot wait to go on our secondary V retreat!!

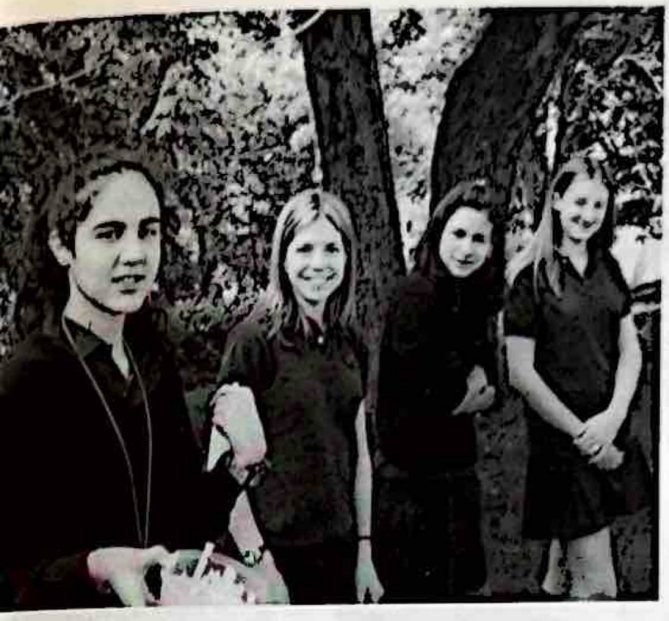
Elise Carré
Jenn Marton



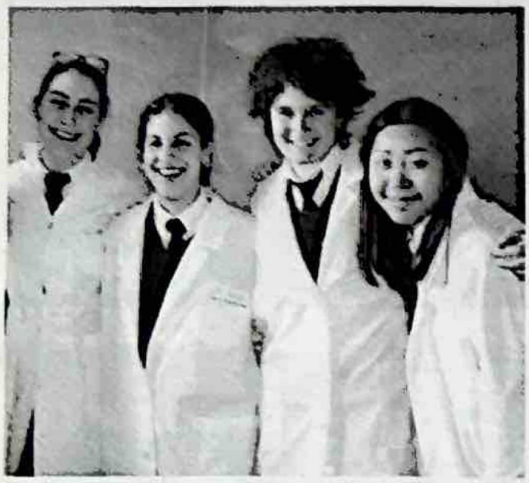
Québec City

Ottawa



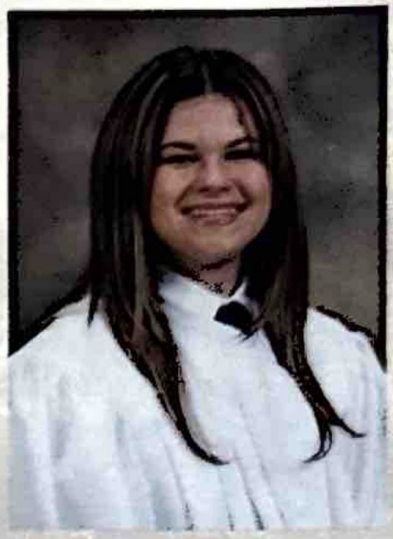


Graduates



Karine Al-Ahmad
Wordup!The past three years have been hard, memorable, but fun. SZ, AM you guys simply ROCK,and have made me a survivor; Bettyboo, CC, NS, NB,The Anthem, Santa, SSS, sizzle,Vig/Leg,O-T,labs, mutants,math,the whistle, Stratford, you guys know the rest. To my familia kamen. So grads this is it, don't ever forget to laugh, and reminisce the good times. Good luck and peace

Lydia Michelle Anber
Khallas! six years enough? AM,NT,AV,AC-forever. SD-always a star. AM-bathroom break! NT-French class. SC, CD-Sheraton. EV,CC,PR-car.GP-snowboarder. ADC-stop that! MP-your saviour. CZ,KAH-libnain! MM-loser/wake-up,VA-shawn? Mom, Dad, Greg, Nan-words aren't enough! Marco-L dances, grad, mount M,attenzion, I love you more! Grads of ,03-muah! Yellah, bye!



Andria Arcari
Always remember the advice, the people, the trips, the parties and all the good times! Stratford '03! Monocle! Hop in the Benz Peaches! A special thank you to Mr.L, Mr.B, my family and ALL my friends. You're my shining stars! Class of '03: This is it! I love you guys! Good Luck! Be brave! Even if you're not, pretend to be. No one can tell the difference.

Amanda Barile
Five amazing years with so many memories! PARTY!! Bri/Kiki:Granny Apple, Muffin, FD'Eve, Physics, BRO, Smooth Disaster, OUR MOTTO, NEK, WE three Bobos! BEST FRIENDS FOREVER. MM: It's Flash Time! Thanks to: CD/RBH/AMFC/ NS/KB/ ADR/EC/TW/ RF/KK/PR/ CDG/ SDG/SP CREW. My favourite 14: We had the time of our lives! Mom, Dad, Laura, Carolyn, Mike: Thanks for giving me strength. Love you. Madonn! It's over!! LA VITA E!!!

Liz Biscotti
"GIRLS JUST WANNA HAVE FUN" GROUP MENTALITY BABY! You have made me who I am. Ski trip, pink flamingos. BEEBS:my rockBFF. E5:twelve years, AT big J.Chi: Spaced, Ev: Kick it up a natch! Clawdias POREBER. To the rest, I love you, thank you. Del22. Gracie ma pa orla nonna nonno e tutti cugini, ti amo.Class of 03, all my ribbons, ti ricordore sempre. Ciao!

Kristine Bobak
"Pride is holding your head up high when everyone else has theirs bowed. Courage is what makes you do it." - Big Hettie, *The Power of One*

Rebecca Boucher-Hammaker
It's 11:59 p.m. on the night before this is due. Many things have happened but some things never change/ My love and thanks to Phoebz:COR.WYD.BLITZ/ to LE-W:Europe trip/to AS:p.246 or 264?/to CC:compass/to AB,CD,TH, NS, KK, KA, CK , TW, SZ, SL: for keeping me awake in class/to Ari/to the "West Island Regiment"/to Mom and Dad:for everything/to all:good luck!

Gabrielle Cadieux
What a long strange trip it's been.(Good times, good times!)I can't believe that it's ending so soon. I will always remember all my friends, and all the love and support they have given me. I love you all so much!! To the class of 2003, good luck! Thanks for all the memories!

Kathryn Calabretta
I made it out alive, barely. Mom,Daddy,Gino-hugs and kisses. Thanks for the support. Pat-too much to say,too many good/bad times,you're more than Prozac-you're my life support unit,I love you.D-how many years now? Meg-behind.March 21 love Karina Day.Psychotic 4-keep on rockin' boys.Tainted Youth-still your number one fan.Nicko-what would I do without you?LCM-see you in the pit.Guts-when I got the music, I got a place to go.

Amanda Casol
CB5:We're all stars! Nev forget the good time TED's Kleenex(nice), L Room, Hummer (t good), DOME/Texas ga La Ronde(don't laugh t hard), Carlos' n'Pepes, L ing it to the extremes, Swe 16, five SISTERS FOREV ...Now it's all good! Mo Dad-grazie per tutto'A you're an amazing broth Pat-you're my shining st I love you! Bro and Ch forever! Ciao

Christine Chan
Our welcome is worn out, and now it's time to leave...AS: FIVB, JMackay; PP: shrug shoulders; NS: gatorade; RBH,CD: scissors, compass ; KA: Save me; AM: sprinkles; AH:hoi; SZ:food mixtures; KK:Let's play cards; STC: barf; NB: you are always right; Volleyball: BC, GC, DS, KY; thanks to:CB, JS, SB and Po, Ho, Do. Life isn't a box, you can take the lid off and find out what's inside.

Emily Cholette
Here's to five years come and gone! A special shout out to all my friends who have made a difference! Five years and I haven't grown a bit! Soccer, San Diego, Yeah way! Bowling (RANDOM)! Vocalz, Grad, train rides (oh so many!), cookie! AA, AB, AD, ID, RF, KF, KK, CL, LL, GP, MP, PR, CS, STC, GV, TW, CZ, RG! Thanks to my family. Good luck grads '03!

Sabrina Colonnello
Class of 2003, memories! Mom and dad, love you. CD, AB, CZ friends forever. CD eleven years, still counting! Ama, my brother, ma it's not our fault CZ, my poodle! Thank you so much for everything dudes. Mikey mouse is smooth disaster, Diesel baby, bope, weyy, WeSide, driving. My Pammy from the block. CS woof!. Rita, fortune teller. Sabs, my hero. Tash, music. Madonnn! its over!!
LA VITA E!!!

Vanessa Cori-Manocchio
The end has finally come, Grads of 2003! To the fabulous 14 of Group Mentality may we never forget all of the laughs. Prefects, I love you all! Bonding and group activities forever! Zeroes, Bimbo MR, fire AC, Yummy, Adrenaline GV+STC, Sec III's broken tragedy, LL+SB my half sisters. Thanks mom, dad, Valé, for the support! B. in disguise has left the building!

Claudine Courey
To my Group mentality, we finally made it! Thank you for always being there, the laughs we shared will never be forgotten. Ev, my sister forever. Lezlys and Clawdias. DM, you're my ribbon. Mom, Dad, Gab: your support was my fuel to succeed. Grads, there "ain't no mountain high enough" -we can do whatever we put our minds to! Good luck class of 2003! Yellah bye!

Alexandra Crevier
Five down and zero to go! Thanks: AD-coffee and biscotti / Mikes / Magies, ODT-clubmobiling / LivHugs, MR-Smelly / Cowboys, EH-SHSM work Twin / your Advice, VC-yummay / fire, GM-endless memories, E5! Mom Dad Sarah, your support meant the world to me. Grads 2003: My love to all of you for always putting a smile across my face. Look to the future, but never forget the past.

Christine D'Ascanio
We did it! Mom, Dad and Elisa thank you for making me who I am today. To SC, EL, LA, AB, CZ, CK, PP, NK, CD, AMF, you have all made high school the best years of my life. I will never forget the memories: Stratford / Sheraton / Carnaval, but mostly I will never forget you. To SC and EL thank you for eleven amazing years. Good luck to everyone. Reach for the stars! Hugs and kisses.

Olivia Del Torto
Thanks mom and dad for everything. Pink flamingos always bleach! Ski trip was unforgettable. Ev chubby never stop eating Ailliie thanks for everything ST and MR where'syour monkey bar? AT BOJANGO LB You tricked me AD QUEBEC NIGHT CC my slovakian leg twin Group Mentality I love you guys and I'll miss you so much!

Amanda De Rosa
Socrates:There is no possession more valuable than a good and faithful friend.At SH I found many.Thanks for making me who I am today.RF, my best friend, I love you.Sec V Retreat, Stratford, Vocalz, drumbud,lab partner,CKATs S.Shop,tabletalk.brebis,I will survive, Sec. II ski trip, King kong, mutants, fuzzies, twin, HardRock,Benfest.Thanks to my family(couldn't have done it without you) and teachers for their support.

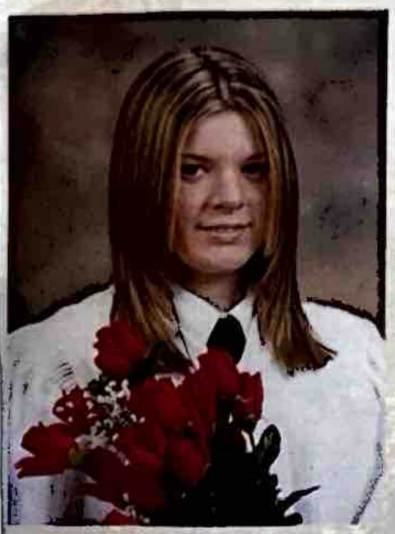
Alexandra Di Cori
AE Thank you for being there 2am KD No more rap SL J /BM JB Roz Always 08/16/02 SP Botch Hoy. NT There's only one of you Vans invent a cool bib LL My only Japignia To my family thank you is all I can say To all grads remember if you stumble and you fall get up and carry on

Cynthia Di Giandomenico
Mom, Dad, Alex, Saby and Bryan I love you all! mre-c'mon daisy, ya'll can do it..ns-agent Vaughn(ew)..ch-mirror and compass..ka,rbh-rbh's lip balm addictive.. meet my friend stinky (secIII).. am,el,cd,cc,sz-you girls are the koolest!..as,ah-kathy bathes, and room key..sd,am,ac,av,nt-my blonde mosquiteers!

Sabrina Di Giandom
My life is devoted t
Texas girls! CB5, fives
forever. Memories
Bonde, Dome) We're
to be famous pop
Cynthia-my worst
you'd only feed us
sants! Alex, mom, dad
you, thanks for every
Danny, I love you
though you are ob
with me. Five stars in
star limo. I'm ma
DelPiero and buy
ferrari.

Ivana Di Leo
There aren't enough words to describe the good times I've had. Thanks to everyone who helped me survive those French BLCs. To: KD Bohemian Rapsody SL Celestial and fuzzy AE Don't spill the juice AD BellBoys SP NT Universal Kingdom KF Hobo GV Tennis PR Fushigi Yuugi EC,PR,KF Bowling MomBob Munchkin Poops, Thanks For Putting Up With Me It's over BOOYA!

Audrey Dolberg
"Whatever tomorrow brings I'll be there with open arms and open eyes" Incubus. Papa/maman: merci pour tout. Sis: I love you. To GM: the power of 14/I'll miss you all: Ali (you've always been there for me/coffee biscotti/ OD (good times/Meagho (The trio: BFF forever, Sex and the City-1/ LB :Bff/ love.To the grads of 03/ don't ever settle for less, good luck. I'm out!



Kaitlin Duffy
To AE:my sister.AD:my donkey.SL:HL,our boys-b and jm, tl, pb. SP: my "math" buddy.ID:HL,my comedian. NT:catch me! AB:my pious saint. NS: you're amazing! MD: HL, pb's my role model. SD: swing high! For all of our great and crazy times-rock on! I love you all! Love to: Mom and Dad, H and R, N and N. "Dream as if you'll live forever, live as if you'll die today."... See you at the show!

Alyssa Esposito
"Reach for the sky even if you fall you'll land among the stars." K.D my sister for life we're living proof that friendship is forever. A.D I love you Thank you for blessing me with your undying friendship. S.L. KENT our famous duo I.D stew why me?! S.P and S.D. queens of crazy swing! N.T there's a wall!Grads of 2003 I will miss you all.

Catherine Evans
You must have been warned against letting the golden hours slip by. Yes, but some are golden only because we let them slip.-Barrie. To my family: without you, I would have been committed long ago. To my friends: love/hate, paradise island, jeebas, team 29, aussies, beatings, puddles, fluffy-ness, egotism. Thank you for growing up with me.

Catherine Fernandes
Hi everyone. I'm really bad at writing notes and seeing as this is very similar, I am not sure exactly what to say, so all I can think of is this (bear with me, its kind of sappy): Sacred Heart is a great place to be, despite how it sometimes seems, and it has made me how I am today. I will always remember it as a good place and a great time. P.S: If anybody wants cookies, just call me two days before and I'll make some for you.

Jaclyn Finn
We finally made it! Mom, Dad and Matt, your love and support mean the world to me. To all my friends,so many memories! M.M K.C D.P (Stratford) C.E L.F Thanks for putting up with me "I love him. I hate him" C.C Don't give me no flack!I love you! C.P Hommie! RT to Alabama. Apu. N.B. Thanks big brother!

Anne Marie Fook Chong
Well my five years of tattered boxers are over! Monz: Chova forever! AH: Best friends for life, CD: you'll always be my lucky star! TH, ID, NS, AB, CEALERS-thanks for the laughs! My COR family: I LOVE YOU GUYS. Mom I wouldn't have made it without you, thanks for the love. To my whole grade, I'll never forget how amazing you all were. Love always, Anners xox

Natasha Forgues
So long fellow grads, it has been a great five years and I will miss you all. Dawaynabem buddies we had some good laughs, Bob Ross forever, beware of ungabunga, viva Ramoushka, Mika or Meeka, secret agent, I am not English, I do not eat crumpets but I am still the prettiest in the Fellowship. G.C, C.F, S.L thanks for putting up with me all this time.

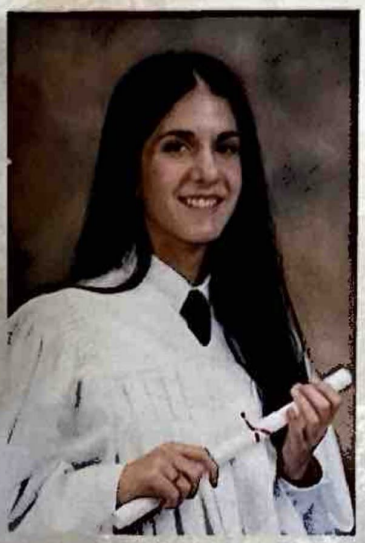
Rita Forlini
Five years have passed by so fast-A.D-my best friend I love you-L.L-I don't know what I'd do without you(forehead sensations)-S.T.C-Thanks for always listening-P.R-chocolate chip cookie-K.F-I love your laugh-E.C-My stomach hurts-G.V-Achilles-C.S-T.W-K.K-C.L-G.P-A.A-M.P-V.C(my gina)-C.Z- table talks-retreat-Mom Dad Marco-thanks for the support-To all the grads-thanks for all the laughs, the tears but mostly for the memories.

Karina Fraschetti
We've shared many smiles and many tears, but nothing beats the laughter, its been a great experience.Thank you Mom Dad Anthony for all the support,To all the teachers for your inspiration. To the most amazing friends, thank you for the great moments. CS: my best friend for life.ID: AdventuresTW: first friend,Possy DSB Train crew lipsmakers hard rock Table talks AD:ski trip bowling. Sabrina you're in my heart.Bouna fortuna a tutti!

Laura French Bourc
"Nothing succe like success" To friends: thanks for ing my life much meaningful. Mom granny, thank you. is to five years of in ible fun: water pud the fluffy mountain island, the land under, music and schools bags! G Merci!

Peggy Gikas
First of all,just call me PEGGY!Fabulous 14/ Group mentality/Zeros/C/Moms/Sec III went down in pieces. Prefects: HotBook/X-ratedtalks/Big Mistake.Ev-Koukla-12 years. AM Metro days/ Mexico. AD Lab Partner. GV Vanier! TH you keep my hope alive. Mom, Dad, thanks for believing in me. Grads, remember the good times!

Alicia Hammer
The Queen shalt abuse her power. CIA gave a new "puse". MRE likes PP, BFF. Europe Trip/02, Fanta Shots! The Hitchhiker's Guide To The Galaxy is an atheist's bible! KH, will you beat it already? OXFORMATION RU shaking Barbie Girl? Hoi! Ms. Bates stop! Volleyball: Bag of chips! Here's to the end of late nights. IM laughing CZ IM nervous! Salami.



Teri Caroline Hatzihristidis
Thank you Mom, Dad, Anna, Liza-I love you all! CF,NS,CC,KA,SZ: you're the best! CD: how can anyone be so dumb? AH, RBH, AS, AnnieP: couldn't have done it without you! It's been a great five years.Good luck and success to all! "Destiny is no matter of chance. It is a matter of choice: It is not a thing to be waited for, it is a thing to be achieved" W.J.Bryan

Evelyn Hatzithomas
It's all psychological!GROUP MENTALITYprops!You guys kept me going,I love you all.pink flamingos,ski trip,indecisive all the way!P.Rverb22 C.Cthanks for always being therePEG12 years Kouklaki L.Bflorida02'psycho!LIV fatso, madame? AL study twin. Mom, Dad, Xen, Tommy,I couldn't have done it without you. To anyone not mentioned, thank you for all the memories.

Celine Kendiroglu
To me, Life is like a glass half empty: cynical and gypped-off. I guess I have a lot to learn. To the Class of 2003: I wish you success in anything you hope to accomplish. Just remember: nothing ever beats respect. Laszie, VPP, Andy, and whoever I left out: for what little it's worth, please count on my affection and support at whatever distance. I love and appreciate you more than you know. Don't ever forget that.

Kathleen Koufos
"Best friends are sisters destiny forgot to give you". To all my sisters, you know who you are, I love you all and will always cherish the memories.
DSB forever, Allancroft, San Diego, 3DL, TV shows, photocopies, prefects, French class (SZ+CC), „is that my calc.?", hugs, dancing partner, bazooka and playing cards. Thanks Baba, Mom and Jonathan. Sarapo Poli.

Natalie Kushnir
Wow! 5 years have gone by so fast. Always remember the important things, thanks to Mum, Dad, Daniel, Andrew and my grandparents for all their support. I'd also like to thank my teachers for all their help, and to my friends, it wouldn't have been the same without you. All good things must come to an end, good luck to the grads of 2003. Love you all!

Stephanie Lai
Those crazy years are finally over. Thanks to all who supported and kept me relatively sane over the years, my family and friends. There was never a dull moment between all those fun classes like economics and those mandatory masses. I came and I survived. That's all folks.

Elisabeth Lantosh
Five years have gone by fast.To all my friends you have been like sisters to me-I love you all.CD/SC:10 years-AM:SIT DOWN! KA:B and A.SZ keep the attitude-ADC: get thee to a nunnery-AD/RF/KF/CZ-Hard rock -chinchillas-talks- good times.To my family thanks for the support. Dav you will always be my shining star.To the grads of 2003 it is time to say goodbye. Buonna Fortuna

Natasha Laszchuk
Lord, help me to be strong and be with me wherever I go. C:without you I don't know where I'd be.K and A:Song!E:You made me believe in the music of my heart,I'll make you proud. J:You're my angel. K: Seizure! A: Halloween. P,A: Carpool! T:Soul Sisters! "My 14 stars: We got our goal! V:Aftermath! Mom:Your support means the world to me.You're never given a wish without being given the power to make it come true.

Christine Layden
SUPERSTAR. five unforgettable years have come to an end. J.G.-Good times,no hugs!;K.D.-love you dear; T.W.- number one Homie; S.T-C-NAA;G.V.-Westies; C.S.-Cookies; Prefects-it's been awesome,much love; To all my friends and teachers: THANK YOU. Maman, Papa-I couldn't have done it without you. Je vous remercie infiniment. David-you're my number one star. BEST OF LUCK TO ALL.

Angela L
Thank you mommie fo always believing in m and "Along", my teach ers and LJPR(kweenz(? you Tweety lover an Pochacco picture i retreat...you're not lucky charm, you are s annoying yet you ar very understanding(a times),Swiss Chocolate Many thanks to th graduates of 2003 for th wonderful memories

Sacha Lee
Thank you all, especially my friends KD:our loves JM BM TL!GC and HL forever! AD:DC JM or BM?dreamer for life! ID:emails and fuzzy! AE:loser clubs and ouijah! SP:buffy rocks and evil stare! NT: LOTR and elijah rule! My family: I love you so much. This is the end and I'm moving on. "LIFE HOPE TRUTH TRUST FAITH PRIDE LOVE LUST PAIN HATE LIES GUILT LAUGH CRY LIVE DIE" -GC

Liana Leone
It's incredible how fast the years have passed, but I don't regret one day. To my best friends, La, Ants, Jessres, Pam, and Vané, I can't live without you gals. MA, tu eres una estrella, my prince, my best friend, I love you to death. Mama y papa, muchas gracias, thanks for believing in me. Ritz, it will never be the same without you. Thanks for everything, Mel. Thanks for the memories, the laughter, and the tears.

Celia Lombardi
AT-best friends,thick and thin,MP-best friend, label-T.,EB-miss Lippy-furball, CC-anyone? EH-lost, OD-economics, AC-curls, VC, MR, AD, PG, MM,GP, anners-ugly. Memories Forever, Bishops, Stratford, stand, skitrip, basket, and VA, GRAD.prefects- us forever. Roberto- love you! dad, mom, cyn, van,mel-thanks for your support, love you. CLASS 03, A YEAR TO REMEMBER!

Meagan Malone
MP, OD, EH, CC, CL, LB, AT, MR, AD, AC, VC, PG, ST=GM Its Over! LA six yearsLoserJF KC, DP my Saviors Stratford OK AB flash Time RF LB YoYa CC lil Sis AD the Bus AC sec III MR media, Meg2O Doh Yeah, OurTalks.GP keep Dreaming CL stay sweet MP together We Are What We Can't Be Alone EHU Alive Basketball -Bishops MD thanks NN, AG LoveYou! Mom and Tom-Thank-you! Good Luck Grads Of 2003-Speak Your Mind!

Aviva Masella
Already over? Grads of 2003 thanks for an amazing five years! Each has forever shaped the person I am. SZ and KA I owe everything to you both! Never forget knee, IVC stars, VA blossoms, meals on wheels, McGill, maid, church buddy, table monitor and all the great friends and stuff! Thanks teachers and family. Grazie Ma, Pa, Roc. Good Luck! Carpe Diem.

Amanda Mazzanti
We did it!Couldn't have survived without my CB5.My shining stars. Memories (hummer limo/DOME/lite room/Texas/TED's car(too funny)/my SISTERS. We never tried to fit in, we just stand out. To the best famiglia, grazie. PG thanks, Mexico' 03. Best for last, TAZ I love you.Thanks for making me a better person. Five minus one equals zero! La vita e bella!

Vivian Pat Pelonis
Five years have passed in a blur of ups and downs, but we made it! Thanks to: Ma, Ba; Angie, best friends, barba! CK, for all the adventures; NL, NK, AA, CC, NS, AS and others; to the public: KL, KN, GL, TN, KM, PN. "Never let your schooling get in the way of your education" Good luck to the class of 03. Dwse mou psuxh n'avteksw ta xastoukia ths zwhs!

Diana Peronace
It's all happening. Thank you to everyone who has helped me survive. Particularly: K- we made it and it's beyond me/Meg- "that was due today?" behind/Chris-thank you for the best high school year of my life/"How long left?" Laura-thanks for having gone through it. Mom, thank you from the bottom of my heart, "Is that my name on the wall?" I did it, and I think I can do it some more. "Every little thing gonna, be alright" Bob Marley

Genevieve Pertugia
Through all the laughter and the smiles, the hugs, and the tears you guys were there! All the good times and the friendships will never be forgotten. Mom, Dad, Mel, Van, Seb-thanks for all your love and support. I could have never done it without you! Thanks to the teachers (you know who you are!) Cherish life and push to your limits, never give up! Love You ALL! GOOD LUCK!!!

Melanie Pertugia
Through tears laughter and smiles, all good times and friendship will never be forgotten. CL,MM-bff that's all there is to it. AT,LB-never change.too funny. LL my rock,bus buddy. VCMSTOP LAUGHING! PR-rotund. AA stay true. To all rest of my friends thanks for all memories. MOM, DAD-Gen Van Seb Rusty thanks for all your undying love and support. To all grads of 03 stay true and be real.

Sophia Protopoulos
Thanks: NT Anime men KD Math notes AE inside the earth huh?SLGoats and ducks!ID my bottomless pit AD Botch hoi CC metro talks AB my sunshine;to my family, and to my teachers: I shared a lot with you;good movies, stuff about Napoleon, drama, art; it was all good! My inspiring words to you: Hold on if you feel like letting go/Hold on it gets better than you know.

Meaghan R
LB VC ST AC CC EH OD CL AD PG MM MP. We roc the socks off JC [GROUP M TALITY] summer Ni (SmL), claw{Liv} BIMBO deny it till the end (savio my Other Half. E5.AD sup FOOTPRINTS I love you Tin Stone. thanks Mom, and Jesse. my LADIES it's s now-it's been shut do "Work like you don't n the money, Love like you never been hurt, Dance nobody's watching"

Lailani Joy Reyes
We finally made it! Just some little love and thanks to God/ Ma: care and support/Pa: best smiles/TINA:KellyC./ CHE:crazy/KAREN:many guys/KEN:stingy sweater/ ANGIE:my craziness makes you sick!...I'll always remember the killer laughs and annoyance/STELLA 09: Love you too, phone(12hours), every days, failure/never ending night annoyance. MAKAKS! (Monkey)

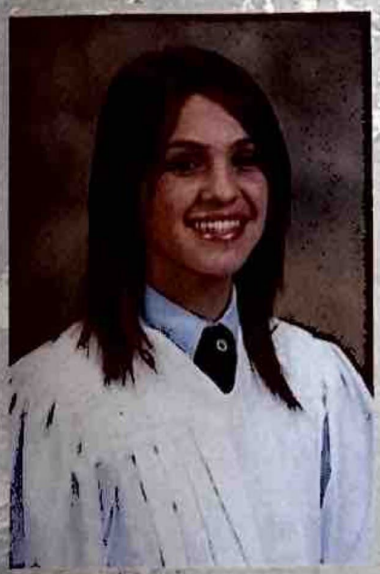
Pamela Rotondo
To the grads of 03 your future holds unlimited potential. Here's to the best and worst of times. Thank you to: the teachers, the task ahead of us is never as great as the power behind us/ my gal pals for the gift of listening and understanding/my parents who never once gave up, you are my hero/Mel friends come and go but sisters are forever/Pat I love you, you make me want to be a better person. Good luck

Christina Sauro
Five years have come and gone but the memories will live on forever. DSB, Cookies, Posse, TableTalk, HardRock, Hugs, SSS, Chocolate Shop, Team 29. To my friends: you have all made a difference in my life and left footprints on my heart. Never forget the good times we've shared, the crazy parties, the silly inside jokes and the tears. Mom, thank-you for your support. Love, Laugh and Dance

Anu Sharma
Ho, "I'm adopted! Buy girl guide cookies from me!" Next stop! Greater concentration? SSUNS, ox Ljubcic, Leinemann (how do you pronounce that?) Thanks for all the food(CF) Bangkok Napoleon/Robocop. Room key. Afghanistanimation! The bells have stopped ringing. 1 Ah Ah Ah 2 Ah Ah Ah I'm going through the window, Ah Ah Ah! "Principal Skinner, I need some shoes." Cheers, ANOOOO

Natasha Siao
I can't believe it's over! There are things I will miss and others I'm glad to miss. Thank you to: CD- bus boy/Katie!/ CC-Legolas/ TW-laughs/ KK-Vaughn/ RBH-perfect/ SZ/KA/ AM/AFC/SD/PP/AS/ AE/NT-jokes/SP/SL-GC/ ID/ AB, you mean the world to me, to those whom I've gotten to know-good luck, to all the teachers for your time, and to my family. ALIAS forever!

Nanor Tabakian
CB5 My Stars!RAFFI I LOVE YOU!Amanda Best friends forever!(AM,AV,AC,SDG,)Texas girls/DOME/Limo/Cages/ extremes/Perfect room/ LaRonde/Rings/Parties/five Sisters! AM my princess/AV my heart/AC my angel/ Sabrina my star! BF! Mom,Dad thanks for everything! Thanks (AM, AC, AV, SDG, RT, AM, SJ, LA,VM,LK,SS,MM)Love you!(my angels GM, GP) Armo pride for life! Good luck 2003! Ciao



Sophia Texeira-Crisostomo
Para a minha familia, obrigada por todo!LM thanks for teaching me so much,I love you!Sir and MrB,thanks for the time and understanding.Prefects the talks!CL NAA for life.RF thanks for being there.GP my dancer,the lights!GV I couldn't have done it without you!GV,TW,EC,KK, PHOTOCOPIES! PR,KF,IDL you guys are great, thanks for everything! I love you all!

Nancy Townsend
There's much I'd like to say about SHSM but, not wanting my comments censored, I'll just say this: every one of you has influenced me in some way, whether good or bad and I will remember. Goodbye "Education is an admirable thing, but it is well to remember from time to time that nothing that is worth knowing can be taught" -*Oscar Wilde*

Serena Trifiro
"Pride is holding your head up when everyone around you has theirs bowed. Courage is what makes you do it"GROUP MENTALITY : BOJANGOOOOO!!! VW: mi casa su casa. Love you MR: You saved me PR:THANK YOU" We are all angels with one wing and can only fly embracing each other." (M.M) Prefects: "one for all and all for one". This isn't goodbye-I'll see you all again in purgatory

Alicia Troli
WHY?CL/LB/EH/CC/OD/ST/AC/MR/MP/PG/MM/AD(GMP ink Flams E5 (Fab14) SkiTrip-BOJANGO/Cuba/Dt=PARTY VA:Stella PREFECTS: all 41- 14 all CL: thick and thin CV: sag sister JP: my number one boy LB: Beach EH: apopisu CC: duo BK: agapimo To my FAMILY and TEACHERS-thanks for the support "The only thing you take with you when you're gone is what you leave behind" CLASS 03-I LOVE YOU GUYS

Amanda Varano
It's all about Five Stars on their way to Shine/Five sisters forever-SD-AC-NT-AM/All those tears, laughs, Lite Room, Ted will pay, we're Dreamers-Texas-Dome- Ice Cream rules but crazy beautiful us-Priceless! Sab-my star-angel-hero-I believe you can fly(promise) Grazie a numero uno Mom-Dad/Bianca-the best-Jon-Na-Than-love you! CIAO A La Vita Bella!

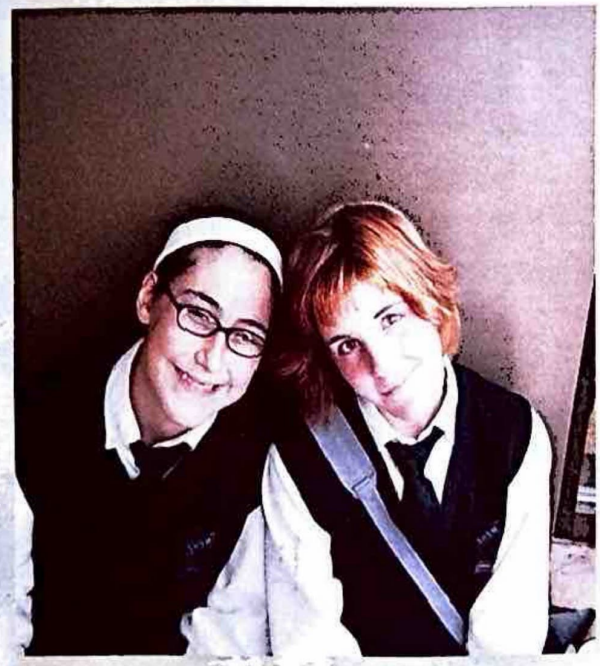
Georgia Vrinio
Grads of 2003-the memor
will never die.To the sex
SC only us! XXX Bibl
photocopier!PG VANIER'S
and VM Adrenaline CU
BABY! CL roomie.To all
DSB's: PR-sand and straw
LL/MP/GP-Reach for
sky/ID/ADrum/AA/K
Junewhat?/KF/Ricta/ E
TW/CC/LB/AT/CZ. M
the world needs more peo
like you. Mom, Dad, Achill
Sito thanks for being my nu
ber one fans.

Tara Wong
Mom, Dad, Barry-I owe it all to your unconditional love. KF-First friend. KK-My right arm. EC-Partner in crime. CL-Homiez. Lab Partner Cheese Benfest San Diego Hardrock Chocolate Shop West Islanders. Prefects and Friends-We shared the best of times; we shared the worst of times. Everything that could have happened did. The special thing is we got through it together. I love you all.

Christina Zakem
To all my friends, thanks for the friendships, the laughs and the many memories that I will cherish forever. Never forget the good times: hard rock, table talks, posse, kiki, Stratford, Vocalz. Ama and Bri: friends forever. Ka, I couldn't have done it without you. To my family, I love you! To the Grads of 2003, Good Luck! Madonn, it's over! La Vita E!

Sarah Zullo

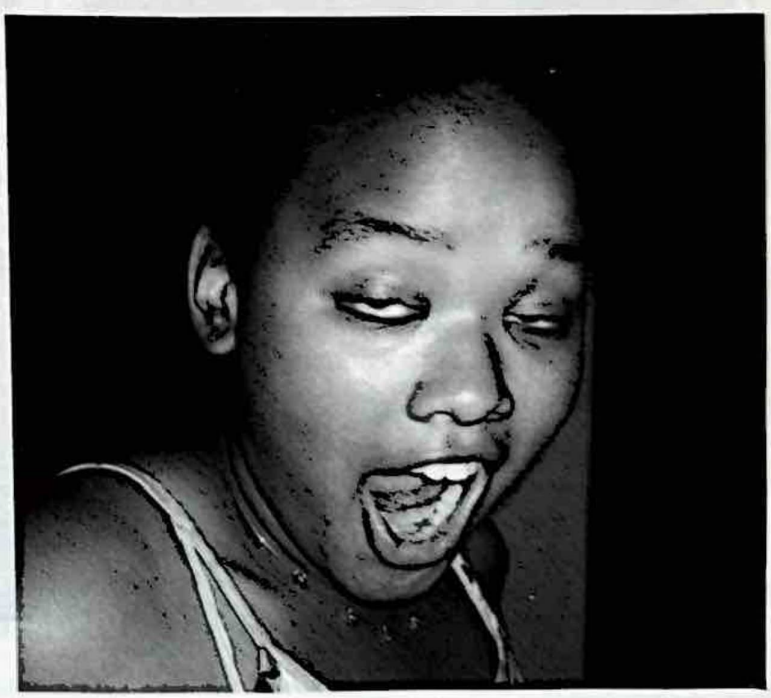
"You know what your problem is Peekay? You worry too much.With you as a friend, that's hardly bloody surprising."-BC Thank you Karine and Aviva for always keeping me on my toes and sharing with me a truly meaningful friendship. I wish the class of 2003 all the best and may your dreams become reality.



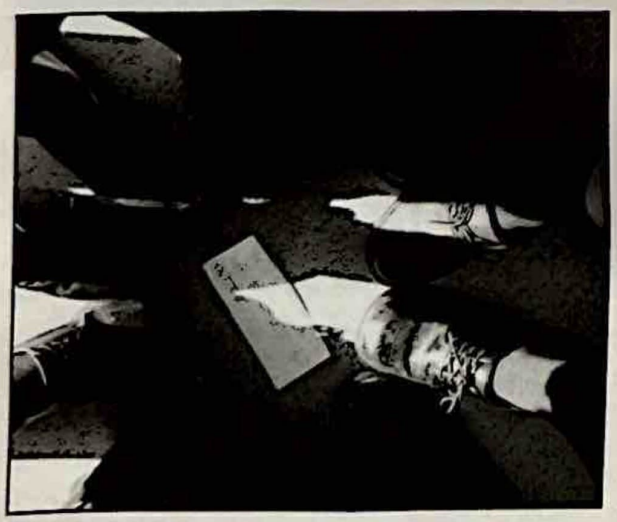
Secondary V Retreat

This January 23rd, Secondary V left for St. Jerome, where our last retreat was held. These were two very special days filled with happiness, love, laughs, and tears. The movies and activities we participated in were an obvious realization that we all possess "The Power of One". Especially after the tears during the candlelit ceremony and the "Blue's Notes", everyone recognized and appreciated the impact that our fellow classmates have made in shaping who we are. Regardless of the bitter weather, the wonderful retreat and great memories were more than enough to give us warmth! It surely was a great way to celebrate our last retreat!

Aviva Masella



Stratford..
here we come!



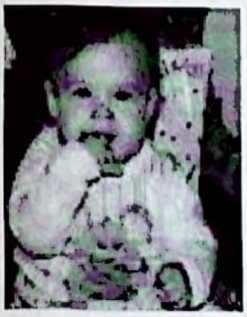
From September 10 until September 12, we, the secondary V students, had the privilege of visiting the whimsical little town of Stratford, Ontario. We attended as spectators three highly entertaining plays: *Romeo & Juliet*, *Richard III*, and *My Fair Lady*. An enormous thank you to Mrs. Cochrane, Ms. O'Neill, Ms. Bichsel, and Ms. Portanier for accompanying us on this trip. Our many excursions to Tim Hortons and our days out on the town will never be forgotten. Stratford was a "loverly"! experience

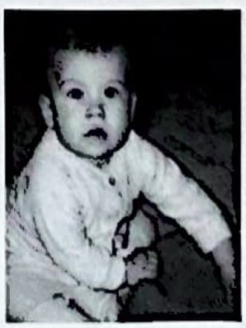
Peggy Gikas

6

Blast from

the Past





Babies on Board

MOST LIKELY TO...

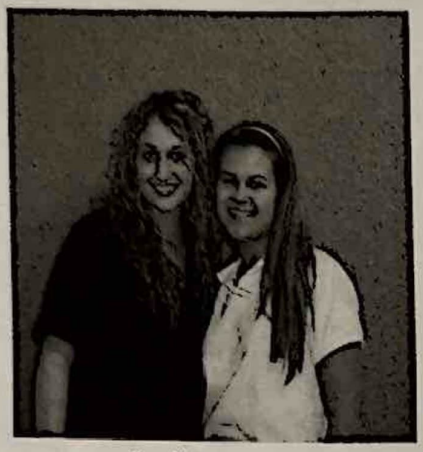
1. Karine Al-Ahmad: to marry an NBA player and make burping a national sport in Lebanon
2. Lydia Anber: to own the largest collection of heart objects and never leave home without her step stool
3. Andria Arcari: to run for Prime Minister, win the election, invest the country's funds in the stock market, make millions and lose it all at the casino
4. Amanda Barile: to be late for her and Bon Jovi's wedding
5. Elizabeth Biscotti: to sell her body for a Ferrari
6. Kristine Bobak: to draw little sketches everywhere and read Red Meat comics forever
7. Rebecca Boucher Hammaker: to learn how to add and become a professional robber
8. Gabrielle Cadieux: to stalk George Lucas and force him to watch her movies
9. Kathryn Calabretta: to become a famous punk star
10. Amanda Casola: to skip class at Dawson and go shopping everyday
11. Christine Chan: to be abducted by aliens and abduct one back
12. Emily Cholette: to remake Gloria Gayner's "I Will Survive" and sing it at Vocalz, where someone will approach her with a record deal, and she'll become rich and famous
13. Sabrina Colonnello: to marry a rich man, and spend all his money on hair products
14. Vanessa Cori-Manocchio: to laugh at her own funeral
15. Claudine Courey: to express her feelings about a test for years to come
16. Alexandra Crevier: to chain herself to a tree in the hopes of saving the environment... and the pandas
17. Christine D'Ascanio: to find her prince charming, marry him in Disneyland and ride into the sunset, living happily ever after
18. Olivia Del Torto: to move to a nudist colony
19. Amanda De Rosa: to coin the word "Fuzzies" and have the best relationship with Ben Affleck and Tara
20. Alexandra Di Cori: to marry a set of twins because she can't decide between them while becoming the next Dr. Laura Shlesinger
21. Cynthia Di Giandomenico: to open a chocolate factory, and eat all the chocolate and stalk guys on public transportation
22. Sabrina Di Giandomentico: to become a famour star, live in a mansion with Del Piero and drink chocolate milk
23. Ivana Di Leo: to never learn to play drums, but insist she is a drummer in a band
24. Audrey Dolberg: to live in every country in the world, become a professional dancer and not remember a minute of it
25. Katie Duffy: to go on tour while still stalking her favourite musicians
26. Alyssa Esposito: to start a successful magazine and live a glamorous life
27. Catherine Evans: to sleep through every class at Cegep, and still have a 100% general average
28. Catherine Fernandes: to marry Gimli (son of Gloin), and then have an affair with Ewan McGregor and open a cookie tavern
29. Jaclyn Finn: to be attacked by a group of disgruntled ex-boyfriends, while screaming "Not the hair, anything but the hair!"
30. Anne Marie Fook Chong: to become the next Tyra Banks, and to own a pet camel
31. Natasha Forgues: to live in a pecan tree
32. Rita Forlini: to marry Bon Jovi, drive a silver BMW and own a condo at the Olympic Village with Amanda
33. Karina Fraschetti: to open her own club and become a dancer
34. Laura French: to invent her own language, move to Australia and teach etiquette
35. Peggy Gikas: to retire to Maui at the age of 25 and never ever return
36. Alicia Hammer: to take the fat off her cheeks, put it on her missing hip, become a model and build an Amerindian empire
37. Teri Hatzihristidis: to marry a very ox-like man, and discover after twenty years that her husband is really a woman
38. Evelyn Hatzithomas: to never have a career, never get married and never get settled because she simply couldn't decide
39. Celine Kendiroglu: to marry Jimmy Fallon, divorce him for Simon Cowell, become the 4th American Idol judge and feel justified in telling all of North America to be quiet
40. Kathleen Koufos: to become lazy, unorganized and sloppy when she joins the Greek Mafia
41. Natalie Kushnir: to marry rich, and drive her husband to bankruptcy
42. Stephanie Lai: to resurrect Big Ben
43. Elisabeth Lantosh: to become the most outspoken, well-dressed and envied lawyer ever and still be called a blond
44. Natasha Laszchuk: to become a Celine Dion clone, through plastic surgery, and to remain bilingual and be able to speak Russian
45. Christine Layden: to start her own under water colony and have a lip disease named after her
46. Angela Lee: to literally go insane from being annoyed
47. Sacha Lee: to sing in a band and become rich and famous especially for her crazy hand motions
48. Liana Leone: to become a hair dresser and dye her hair all the colours of the rainbow
49. Celia Lombardi: to come out after hours of labour with perfect hair
50. Meagan Malone: to always have an opinion about everything
51. Aviva Masella: to be the first brain surgeon to be institutionalized for getting high on laughs and smiles
52. Amanda Mazzanti: to grow 10 inches and become the next Victoria Secret model
53. Vivian Pelonis: to make a lot of money, plan on saving up for a trip to Greece, but instead buy out the entire clothing line of G-sus and Fcuk
54. Diana Peronace: to die of a spaz attack
55. Genevieve Pertugia: to become the world's most famous dancer and laugh at different colour lights
56. Melanie Pertugia: to start her own Jojo psychic alliance and answer everyone's questions but her own
57. Sophie Protopoulos: to marry a man named Toya, but secretely fall in love with a goat
58. Meaghan Rath: to become the most over exaggerated actress, live an over exaggerated life and die an over exaggerated death
59. Lailani Reyes: to fall in love with her hair and walk about aimlessly
60. Pamela Rotondo: to tackle a 7 foot man and mistake every guy for Saku Koivu
61. Christina Sauro: to play Willy Wonka in the remake of the movie so she can swim in a pool of chocolate
62. Anu Sharma: to become an obese American couch potato who always watches television, and never cracks open a book unless it's the TVGuide
63. Natasha Siao: to start a daycare and kidnap all the babies
64. Nanor Tabakian: to become the next Gisele Bunchen and marry her high school sweetheart
65. Sophia Teixeira-Crisostomo: to get married and still be embarrassed in front of her husband
66. Nancy Townsend: to become a director of Japanese animated films while searching for a man with legs as nice as Tidus
67. Serena Trifiro: to become a crabby old woman, who lives alone, yelling at little kids to get off her lawn
68. Alicia Troli: to blow VA away
69. Amanda Varano: to buy out Ice cream and Italian clothing while driving a Ferrari to her new job as Teresa on Passions
70. Georgia Vriniotis: to spontaneously combust before she gets a chance to become anything, because she doesn't factor sleeping into her schedule
71. Tara Wong: to marry Ben Affleck, whom she must share with Amanda, and try every drink ever invented
72. Christina Zakem: to invent a cure for PMS, while saying "I'm sorry" every five seconds
73. Sarah Zullo: to become the #1 Olympic athlete while dating old men and being accused of geriophelia at the age of 25

And The

Teachers' Pet

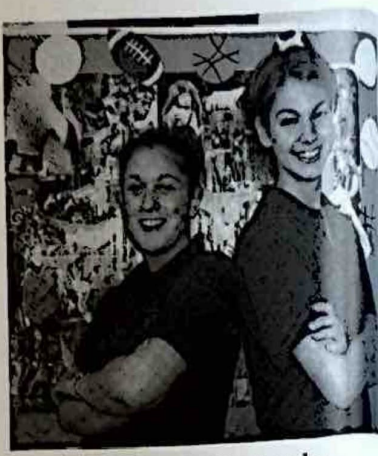
Andria Arcari
Aviva Masella

Best Smell



Lydia Anber
Amanda Casola

Most Athletic



Pamela Rotondo
Sarah Zullo

Cutest

Anne-Marie Fook Chong
Melanie Pertugia

Class Clown

Ivana Di Leo
Alicia Troli

Best Eyes

Liana Leone
Vivian Pat Pelonis

Nicest Smile

Sabrina Di Giandomenico

Best Laugh

Vanessa Cori-Manocchio
Katie Duffy

Best Eyelashes

Rita Forlini
Amanda Varano

Winner Is...

Best Hair

Liana Leone
Celia Lombardi

Most Sarcastic

Nancy Townsend
Sarah Zullo

Shortest Skirt

Christine Layden
Amanda Mazzanti

Biggest Attitude

Meagan Malone
Sophie Protopoulos

Quietest

Natalie Kushnir
Stephanie Lai

"Rockstars!"

Kate Calabretta
Katie Duffy

Most Respected

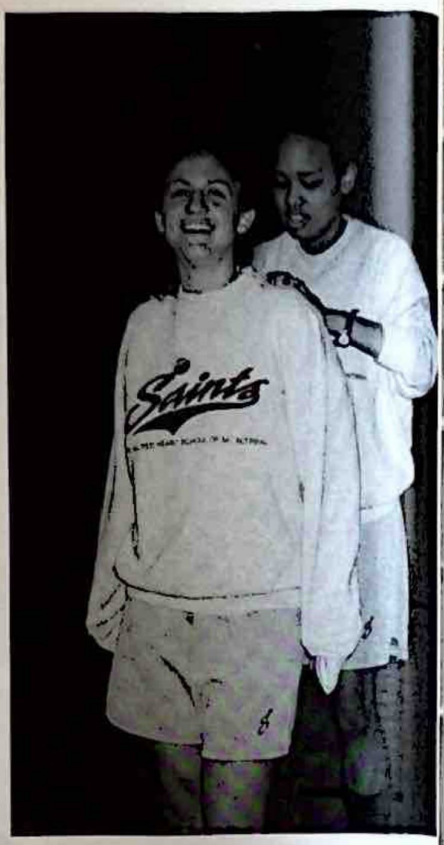
Catherine Evans
Georgia Vriniotis

Most Loquacious

Celine Kendiroglu
Elisabeth Lantosh

Most Disorganized

Anu Sharma
Christina Zakem


Saints

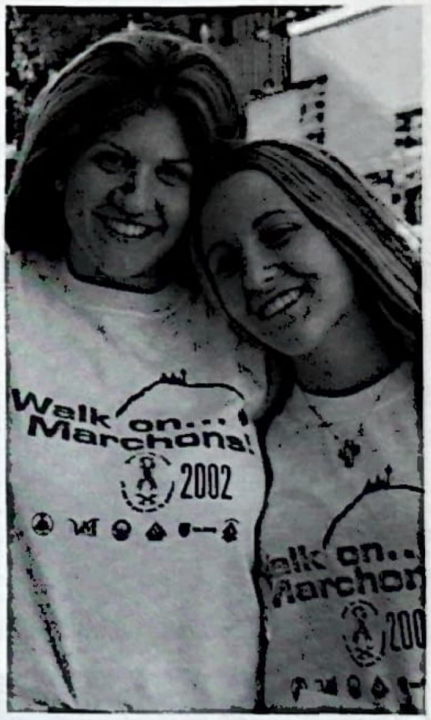
Saints

Activities

Breast Cancer Walk

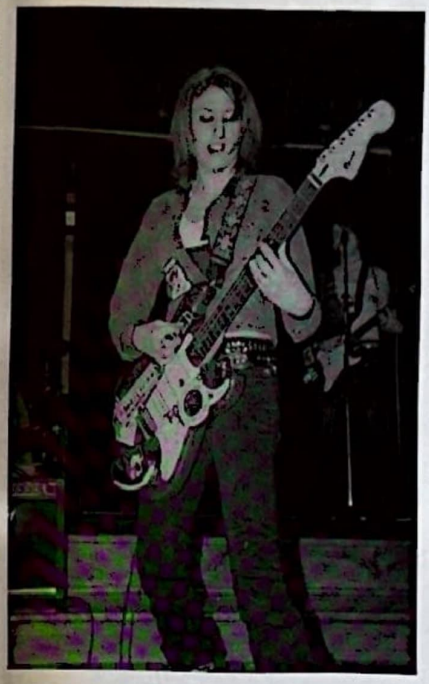
This year's Breast Cancer Walk took place on September 19. The committee started planning for this day in May 2002! When the day finally came we were all so excited! As committe members, we received pink bandanas and all the girls who participated received t-shirts. The other schools involved in the walk were Villa Maria (French and English), QAA, Trafalgar. The Study and ECS. Our school raised over $56 000! Villa Maria created the song using Ricki Martin's hit "The Cup of Life". I'd like to thank all the committee members for helping to plan this event: Rita Forlini, Amanda DeRosa, Meagan Malone, Jessica Mc Bain, Stephanie Charron and Andrea Zakem. I would also like to give a very special thank you to Ms. Del Torto for helping us, we could not have done it without you!

Kathleen Koufos



Christmas Wishes

SACRED HEART LIVE



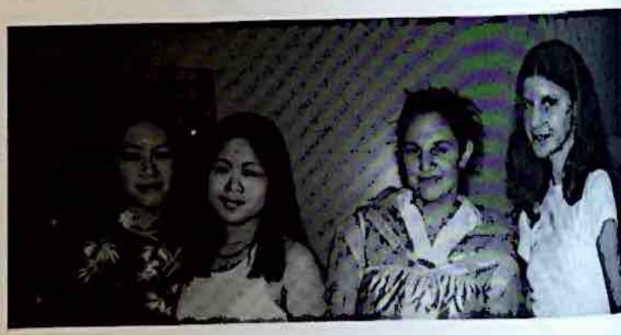
The Sacred Heart School of Montreal
Gladly Presents:

Whodunnit

By Anthony Shaffer

House Day

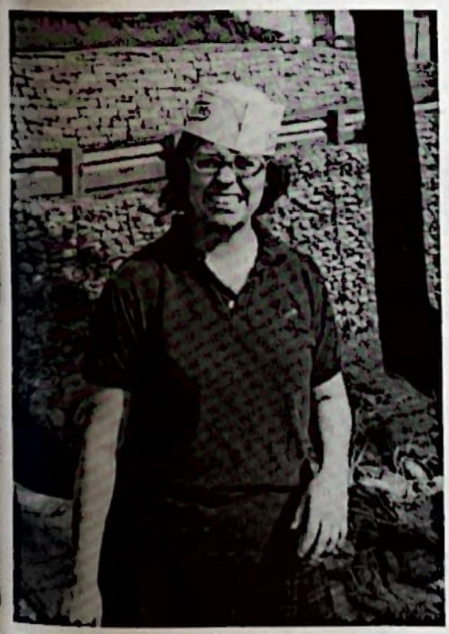
Spirit Days



Sec. V Entertainment

Ski Trip

Sports Day



Clubs

Art Club

Kristine Bobak, Grace Mac Donald, Tanya Naami, Cynthia Mancinelli, Amara Men, Jessica Carriero. *Missing:* Robyn Asquini, Gabrielle Cadieux, Michelle Cadieux, Claire Carny, Shayesta Chattoo, Arohie Chopra, Jessica Covino, Meaghan Evans, Claire Farrell, Ruveneko Ferdinand-Peterkin, Catherine Fernandes, Allison Freund, Alessandra Giuliano, Stéphanie Karzon,Stephanie Lai, Angela Lee, Michelle Lewis, Tanya Lo Basso, Viviane Luu, Alessandra Manno, Natalie Melikoff, Valentine Ostaszewski, Katerina Pansera, Sabrina Ponari, Sonia Ponari, Kristina Raimondo, Lailani Reyes, Caroline Roy, Alexandra Sampson, Kristin Sani, Ravneet Singh, Claudia Spina, Bianca Sportella, Rachel Thouin, Caroline Trubiano, Melanie Tutino, and Lauren-Amy Vaupshas.

Advisor: Ms. Gendron *(above right)*

Calculus Club

Aviva Masella, Natasha Forgues, Karine Al-Ahmad, Georgia Vriniotis, and Sophia Teixeira-Crisostomo

Advisor : Mr. Bordonaro *(above right)*

Junior Debating

Monica Peters, Sophie Cowan, Shayesta Chattoo, Catherine Evans, Isabella Matteo, Dan Thanh Truong, Stephanie Amorosa, Elizabeth Stronach, Alyssa Power, Gillian Kerr, Janet Bellwear, Patricia Snell, Catherine Farrell *Missing:* Janet Belliveau, Krystin D'Agostino, Ruveneko Ferdinand-Peterkin, Lambrini Kakogiannakis, Victoria Laliberté, Grace MacDonald, Tanya Naami, Jennifer Panetta, Andrea Sargisson, Emily Snell, and Kia Watkins-Martin

Advisors: Mr. Bordonaro and Catherine Evans

Senior Debating

Catherine Evans, Christina Sauro, Natasha Rizzo, Bianca Daniell, Elise Carré, Margaret Snell *Missing:* Candice Fridman

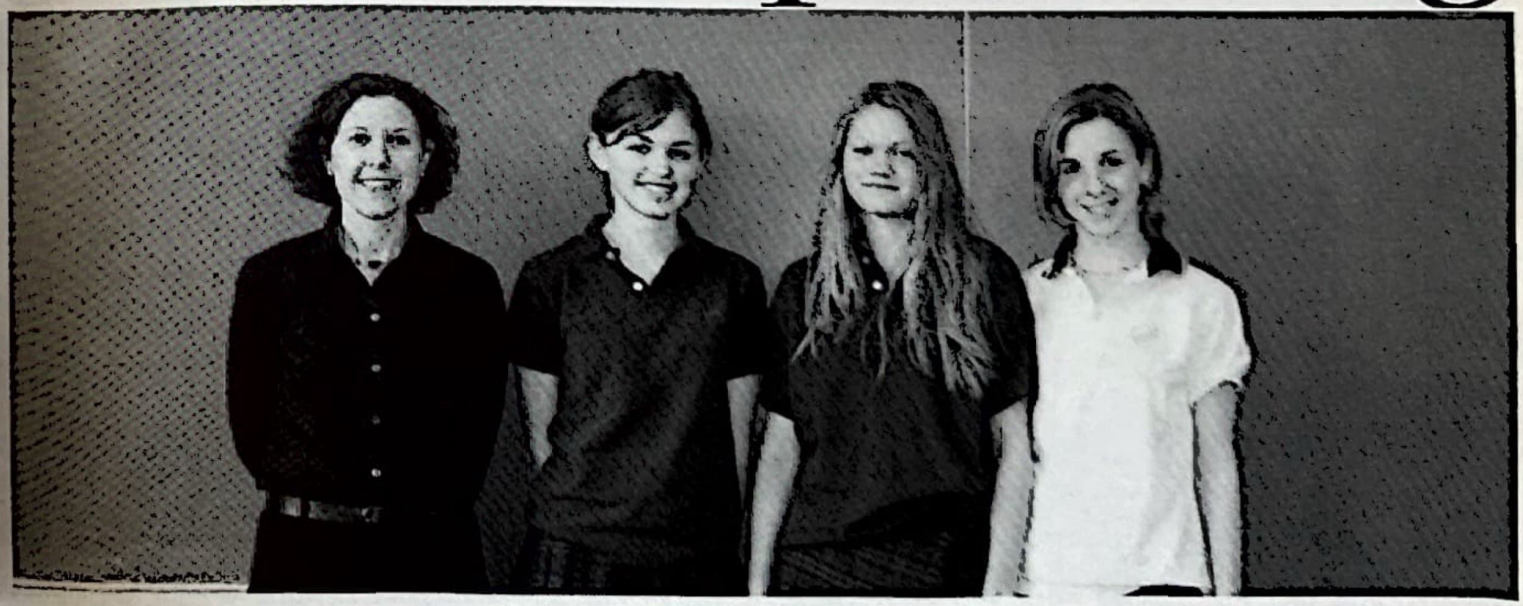
Advisor: Mr. Bordonaro *(above right)*

Club de Français

Marie McCulloch, Maria Kyres, Sara McCulloch, Claudia Spina, Romina Perrotti, Sophie Predan-Chauvin, Bethea Clarke, Christine D'Ascanio, Alexandra Lantosh, Stéphanie Panetta, Sabrina Colonnello, Andrea Zakem. *Missing:* Michelle Cadieux, Elisa D'Ascanio, Marion Gale, Elisabeth Lantosh, and Keyinsha Yokenderan.

Advisors:Mme de Sainte Marie, Mme Arnaud, and Mme Morriseau *(above)*

Public Speaking



Stephanie Coull, Andrea Sargisson, Catherine Evans

Advisor: Ms. O'Neill *(above left)*

Vocal Ensemble

Jessica Sew, Sophia Sekkat, Sacha Lee, Angela Lee, Jenika Ferretti-Gallon, Gabrielle Cadieux, Vanessa Velkoff-Woo, Dan Thanh Truong, Sophie Protopoulos, Catherine Bornasal, Sarah Al-Roubaie, Elisabeth Lantosh, Sabrina Colonnello*, Halina Bruce, Christine D'Ascanio*, Keyinsha Yokenderan*, Stéphanie Panetta, Bethea Clarke*, Sofia Baig, Claudia Spina*, Robyn Asquini*, Margaret Snell, Sophie Predan-Chauvin, Mila Tran, Sophia Grigoropoulos*, Kathryn Palmer*, Natasha Laszchuk*. *Missing:* Christine Chan, and Teri Hatzihristidis.

*indicates members of Chamber Ensemble

Advisor: Ms. Martel *(above right)*

Liturgical Choir

Ashley Arnold, Caterina Marando, Sophie Predan-Chauvin, Natasha Lo Basso, Arohie Chopra, Claudia Spina, Jennifer Barwick, Marion Gale, Vanessa Pendenza, Lydia Anber, Jennifer Marton, Keyinsha Yokenderan, Carolyn Derynck, Gabrielle, Lafrance, Stéphanie Amorosa, Stefania Bertrand, Sandra Godin, Patrica Snell, Natasha Laszchuk, Katrina Ross *Missing:* Amanda Barile, Elise Carré, Tecla Cesta, Jessica D'Amico, Bianca Daniell, Katie Duffy, Catherine Dunn-Sarmiento, Alyssa Esposito, Ruveneko Ferdinand- Peterkin, Peggy Gikas, Robyn Grassby, Evelyn Hatzithomas, Stéphanie Karzon, Charlotte Lamontagne, Angela Lee, Isabelle Levesque, Katherine Mandilaras, Kylie Newton, Alexandra Pakis, Jennifer Panetta, Tiffany Porraccio, Lailani Joy Reyes, Caroline Trubiano, and Laura Vannelli.

Advisor: Mr. Hammet *(above)*

She Investment

Andria Arcari,Ivana Di Leo, Amanda De Rosa, Pamela Rotondo *Missing:* Alicia Troli

Advisors: Mr. Bordonaro andMr. Fillion *(above)*

Jeunes Démocrates

Nicole Brunelle, Elise Carré, Lisa Zimanyi, Jennifer Marton, Laura French, Sarah Zullo. *Missing:*Candice Fridman, Andrea Zakem, Christina Zakem.

Advisor: Mr. Bordonaro *(above right)*

Chorale

Shayesta Chattoo, Sophia Grigoropoulos, Stefania Bertrand, Erin Brownhill, Gabrielle Lafrance, Marion Gale, Stephanie Amorosa, Madelyn Coull, Sandra Godin, Jennifer Barwick, Vanessa Pendenza, and Katrina Lamothe

Advisor: Ms. Martel *(above)*

Volleyball

Romina Perroti, Francesca Manno, Gloria Choi, Vivianne Luu, Lea Dikranian, Bethea Blarke, Alexandra Lantosh, Keyinsha Yokenderan, Yasmin Moinudinn, Lisa Zimanyi *Missing:* Lydia Anber, Robyn Asquini, Johanna Bitharas, Christine Chan, Jenika Ferretti-Gallon, Elisabeth Lantosh, and Natasha Laszchuk.

Advisor: Mr. Pagé *(above)*

Robotics

sp0rts

Bantam Soccer Team

Coach: Ms Vaupshas

Vanessa Afonso, Allysa Analytis, Jennifer Barwick, Andrea Cavaleri, Kirsten Charron, Isabella, Covino, Jessica D'Amico, Elisa D'Ascanio, Caitlin De Sève, Mélissa Desmarais, Marion Gale, Isabelle Levesque, Davina Loporcaro, Lisa Martin, Tian Martin, Isabella Matteo, Emily Snell, Patricia Snell, Bianca Sportella, Monika Zilic

Midget Soccer Team

Coaches: Mrs. Cumming and Mr. Chimienti

Tanya Chawla, Teresa Chimienti, Cassandra Cuffaro, Ashley Davis-Annett, Natasia De Paoli, Justine Farah, Anne Fournel, Melissa Lombardi, Jessica Mc Bain, Jennifer Newton, Nicoletta Pantazopoulos, Maria Pertugia, Christina Rizzo, Stephania Roy, Alexandra Troli, Stéphanie Vokaty

Juvenile Soccer Team

Coach: Mr. Laperle

Andria Arcari, Amanda Barile, Stéphanie Charron, Emily Cholette, Amanda Derosa, Ivana Di Leo, Rita Forlini, Karina Fraschetti, Kathleen Koufos, Celia Lombardi, Vanessa Lombardi, Mélanie Pertugia, Pamela Rotondo *Missing:* Elizabeth Biscotti, Amanda Conca, Margaret Snell, and Alicia Troli

Bantam Volleyball Team

Olivia Burke, Léa Dikranian, Alexandra Lantosh, Andrea Latella-Duboyce, Viviane Luu, Francesca Manno, Yasmin Moinuddin, and Gloria Nguyen. *Missing:* Gabrielle Alacchi, and Joanna Bitharas

Coach: Mr. Pagé

Midget Volleyball Team

Gloria Choi, Bethea Clarke, Carolyn Derynck, Caroline Donahue, Dayna Hajaly, Krista Hold, Sara McCulloch, Deidra Santos, Shannon Summers, Keyinsha Yokenderan, Andrea Zakem

Coach: Ms MacCallum and Miss Boucher

Juvenile Volleybal Team

Karine Al-Ahmad, Christine Chan, Jaclyn Finn, Alicia Hammer, Elisabeth Lantosh, Natasha Laszchuk, Serena Trifiro, Georgia Vriniotis *Missing:* Lydia Anber

Coaches: Miss Neeff and Mr. Kousik

Bantam and Midget Tennis Team

Coach: Mme. Morrisseau and Mr. Asquini

Allyssa Analytis, Robyn Asquini, Danielle Beard, Joanna Bitharas, Olivia Brown, Sarah Crevier, Nastasia De Paoli, Jenika Ferretti-Gallon, Victoria Laliberté, Lisa Martin, Gloria Nguyen, Mai Nguyen, Deena Patel, Monica Peters, and Anna Pollack

Juvenile Tennis Team

Coaches: Mme Morrisseau and Mr. Asquini

Vanessa Cori-Manocchio, Alexandra Crevier, Georgia Vriniotis *Missing:* Natasha Laszchuk, Angela Lee, Serena Trifiro, and Christina Zakem

Golf Team

Coach: Mr. Pagé

Anne Michelle Arless, Mélissa Hindley, Jennifer Newton *Missing:* Tanya Chawla, and Robyn Grassby

Bantam Basketball Team

Coaches: Andria Arcari, and Mrs. Cumming

Lara Artinian, Andrea Cavaleri, Emily Chacra, Caitlin De Seve, Léa Dikranian, Ruveneko Ferdinand-Peterkin, Melania Golymbiowsky, Elizabeth Hatzihristidis, Gillian Kerr, Stephanie Khoury, Tian Martin, Stephania Roy, Hillary Tabah, Alexandra Troli and Stephanie Vokaty

Midget Basketball Team

Coach: Miss Ritou Maloni

Laura Aiken, Sarah Al-Roubaie, Anne Michele Arless, Ashley Davis-Annett, Sophia Grigoropoulos, Melissa Hindley, Deena Patel, Andrea Sargisson, Alexandra Valente-Fernandes, Terusha Valliant and Keyinsha Yokenderan

Juvenile Basketball Team

Coach: Miss Neeff

Halina Bruce, Nicole Brunelle, Olivia Del Torto, Evelyn Hatzithomas, Celia Lombardi, Meagan Malone, Deidra Santos, Alicia Troli *Missing* Elizabteh Biscotti, and Claudine Courey

Bantam Badminton Team

Coaches: Mr. Clarke and Mr. Pagé

Vanessa Afonso, Arohie Chopra, Alexandra Lantosh, Kathryn Palmer, Melissa Pansera, Patricia Snell, Monika Zilic *Missing:* Jessica D'Amico

Midget Badminton Team

Coaches: Mr. Clarke and Mr. Pagé

Gloria Choi, Bethea Clarke, Jenika Ferretti-Gallon, Katherine Meredith, Keyinsha Yokenderan, Lisa Zimanyi *Missing:* Monica Peters, Caroline Rudolph-Zbarsky, and Shannon Summers

Juvenile Badminton Team

Coaches: Mr. Clarke and Mr. Pagé

Christine Chan, Cynthia Di Giandomenico, Angela Lee, Lailani Reyes, Natasha Siao, Sarah Zullo *Missing:* Elisabeth Lantosh

Bantam Touch Football Team

Coaches: Mr. Cumming and Mr. Charron

Stephanie Alberga, Lara Artinian, Jennifer Barwick, Olivia Burke, Andrea Cavaleri, Kirsten Charron, Melissa Desmarais, Gillian Kerr, Tian Martin, Jennifer Newton, Stephania Roy, Patricia Snell, Alexandra Troli, and Stephanie Vokaty

Juvenile Touch Football Team

Coaches: Mr. Cumming and Mr. Vannelli

Andria Arcari, Nicole Brunelle, Stephanie Charron, Amanda Conca, Ashley Davis-Annett, Nastasia De Paoli, Cynthia Di Giandomenico, Marisa Hattem, Melissa Hindley, Jennifer Marton, Sara McCulloch, Katherine Meredith, Andrea Sargisson, Christine Vannelli, Keyinsha Yokenderan *Missing* Olivia Del Torto, Alexandra Pakis, Alicia Troli

Softball Team

Coaches: Mr. Hammett and Mr. Hindley

Laura Aiken, Sofia Baig, Kristine Bobak, Olivia Brown, Halina Bruce, Catherine Brunelle, Nicole Brunelle, Melissa Hindley, Charlotte Lamontagne, Jennifer Marton, Kathryn Palmer, Adriana Pansera, Caroline Rudolph-Zbarsky, Stephanie Zakem, Lisa Zimanyi *Missing:* Alexandra Pakis

Bantam Swimming Team

Coaches: Jacalyn Guy and Mme Talbot

Melissa Desmarais, Alessandra Giuliano, Alana Guy, Stephanie Karzon, Jennifer Newton, Samantha Reusch-Desautels, Elizabeth Stronach *Missing:* Jennifer Barwick, Kirsten Charron, Virgina Clarke, Sarah Crevier, Krystin D'Agostino, Valentine Ostaszewski, and Kayla Yip

Midget and Juvenile Swimming Team

Coaches: Jacalyn Guy and Mme Talbot

Caroline Donohue, Natasha Egiziano, Pamela Hamilton, Emily Howard, Tania Pellizzari, Lisa Rasmuseen, Caroline Roy *Missing:* Vanessa Berretta, Michelle Cadieux, Alexandra Crevier, Teedah Hammer, Christine Layden, Alexandra Pakis, Margaret Snell, Katherine Stavro, and Sophia Teixeira-Crisostomo

Cross-Country Running Team

Coaches: Mrs. Cochrane, Mme Belfort, and Ms. Portanier

Lara Artinian, Erin Brownbill, Melania Golymbowsky, Emily Snell, Bianca Sportella Diana Wilberg, Lisa Zimanyi *Missing:* Stephanie Alberga, Jennifer Barwick, Rebecca Boucher-Hammaker, Michelle Cadieux, Adrienne Campbell, Andrea Cavaleri, Katarzyna Chmielarz, Jessica D'Amico, Cynthia Di Giandomenico, Justine Farah, Anne Marie Fook Chong, Myriam Fournier-Tombs, Christa Goulakos, Aviva Masella, Christina Sauro, Anuradha Sharma, Patricia Snell, Melanie Tutino, Stephanie Vokaty, Tara Wong, Keyinsha Yokenderan, and Sarah Zullo.

X-Country Skiing

Coaches: Mme Tremblay and Ms. Laurie Baird

Bethea Clarke, Catherine Dunn-Sarmiento, Justine Farah, Myriam Fournier-Tombs, Marion Gale, Charlotte Lamontagne, Amara-Men, Kathryn Palmer, Amanda Phillips, Alyssa Power, Katherine Stavro, Lisa Zimanyi

Indoor Track and Field Team

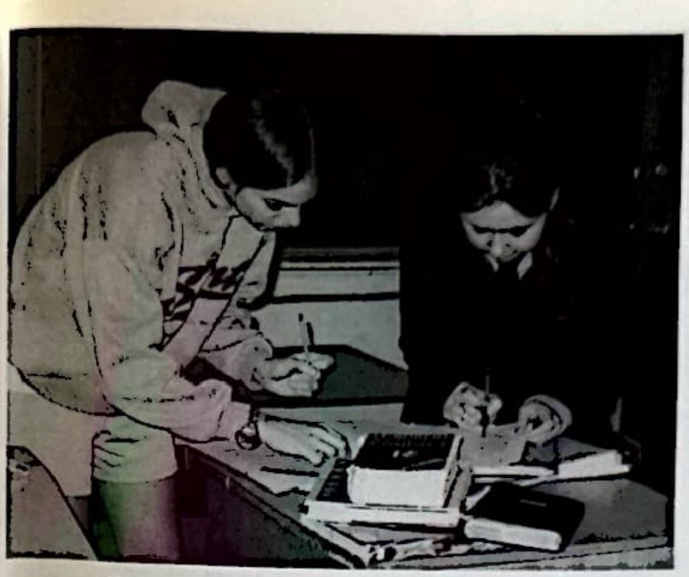
Coach: Mme Belfort

Jennifer Barwick, Erin Brownbill, Teresa Chimienti, Jessica D'Amico, Melissa Desmarais, Cynthia Di Giandomenico, Justine Farah, Karina Fraschetti, Isabelle Levesque, Stephanie Maris, Isabella Matteo, Kylie Newton, Nadia Santagata, Natasha Siao, Bianca Sportella, Stephanie Vokaty, Diana Wilberg, Sarah Zullo *Missing:* Andria Arcari, Jessica Covino, Crystal De'Souza, Ivana Di Leo, Robyn Grassby, Vanessa Pendenza, and Pamela Rotondo

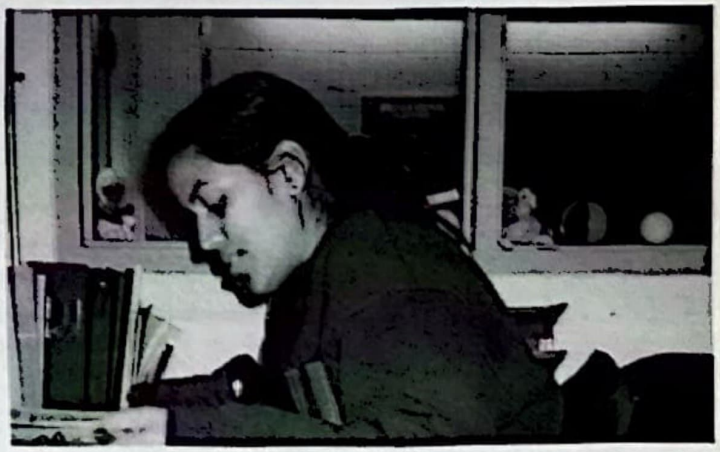
Outdoor Track and Field Team

Coaches: Mme Belfort, Mrs. Cumming and Miss Neeff

Karine Al-Ahmad, Jennifer Barwick, Erin Brownbill, Halina Bruce, Nicole Brunelle, Adrienne Campbell, Christine Chan, Teresa Chimienti, Katarzyna Chmielarz, Emily Cholette, Bethea Clarke, Jessica D'Amico, Melissa Desmarais, Cynthia Di Giandomenico, Justine Farah, Jenika Ferretti-Gallon, Anne Fournel, Karina Fraschetti, Marion Gale, Isabelle Levesque, Diana MacKinnon, Cynthia Mancinelli, Stephanie Maris, Isabella Matteo, Nicoletta Pantazopoulos, Alyssa Power, Samantha Reusch-Desautels, Pamela Rotondo, Nadia Santagata, Christina Sauro, Natasha Siao, Emily Snell, Bianca Sportella, Shannon Summers, Stephanie Vokaty, Keyinsha Yokenderan, Lisa Zimanyi



Academics



Literature and Art

Life in an All-Girls School: How to Preserve your Sanity (inspired by The Power of One, by Bryce Courtenay)

Life in an all-girls school is a grueling test of endurance, intelligence and character. Uncovering subtext, interpreting body language, and knowledge of mind games are all essential to the achievement of success. However, this is not enough to reach the top. From personal experience, I have discovered that there are certain rules that should always be followed in order to keep the peace, and consequently, your reputation. The following is what I know for sure.

Rule number one: It is imperative that you distance yourself from all the drama. In a miniature world where there are no boys and rarely does something truly interesting and worthwhile actually happen, it is common practice for people to turn molehills into mountains. You must learn to spot the real problems, or even the real problems behind the fake problems, and handle them with care. Never belittle them, scoff at them, compare them to your own problems, or worst of all, tell the problem sufferer that everything will work out. Breaching these rules of thumb often ends in an unspoken fight between you and the victim in the victim's mind.

Rule number two: Never speak your mind at the end of the month unless you are looking for trouble. One in three women suffer from Premenstrual Syndrome and it is a proven fact that women who spend almost all their time together begin to cycle together. If it is that time of the month for everyone, disagreements are bound to spread like wildfire. Therefore, the end of the month is when snide remarks, unruly outbursts, nervous breakdowns, and catfights are most likely to break loose. If and when this happens, and it will undoubtedly happen, please refer to rule number one.

Rule number three: Because jealousy is rampant, there are certain subjects you must avoid at all costs: Height, weight, hair type, bone structure and skin complexion. These topics almost always engender negative, self-destructive and pessimistic conversations that explicitly show just how insecure and superficial girls can be. These little sessions are a downright waste of time. They consist of one girl putting herself down and then having five others yell at her about how perfect she is. However, if such a conversation should happen, especially at the end of the month, refer to rule number two.

Rule number four: Recognize that the walls have ears, and then act accordingly. Only share those secrets that you are willing to release as common knowledge. Except for the handful of truly loyal and trustworthy friends, most girls will dump your secret in an instant for a shot at popularity, or acceptance by a certain person. In an all-girls school, gossip is as good a means of exchange as money.

And last, but definitely not least, rule number five: Keep a smile plastered on your face at all times. It would be the end of the world as you know it if you frowned, simply because girls usually assume the worst. If you are frowning, they interpret that as angry, and then they think you are angry with them. Subsequently they get angry with you because they think you are angry with them, and it becomes an auto-exacerbating cycle that should never have begun in the first place because you were never unhappy!

Life in an all-girls school can be a great experience, however the effort that is not made to impress the opposite sex should be transferred to following the above-mentioned rules. In a nutshell, they should serve as your everyday survival guide.

Andria Arcari
Secondary V

White Fire

Mother Nature's anger arises, ever mounting,
Her roar sends the world into darkness and fear.
The long piercing fingers stretching down to earth
And once again,
Vanishing.
The white fire winding its way down to me,
What have we done to make the gods so unhappy?
The white fire radiating like cancer in the sky
Striking at the children's climbing trees and piercing them
With its invevitable shriek.
In one second the world goes bright,
We think the gods have finished their frantic actions,
We think wrong.
There is no choice but to wait for tomorrow,
Reach for tomorrow
And the white fire edges closer.

Caitlin DeSève
Secondary I

Devastation

Her dead lips
are motionless
no words escape
they rest on the tip
of her tongue

That love she
had for her indulgent
father,
that affection is dead
it is unspeakable

Her empty look
her blackened eyes
brimming with rueful tears
they twirl down her damp
cheeks wanting to win
the race

Her runny nose
stings with dispondency
her face is saddened
by the horrifying accident
that happened four days ago

Hélène Dolberg
Secondary I

Smiles

Every morning the boy would smile,
Making sure that it reached each ear.
His toothy grin, though unhappy as he may have been
Made all his worries disappear.

The boy grew older and he became sad,
Smiling less and less each day,
The distant memories of his childhood
Had almost melted away.

Then there came a day he could not smile,
The pain had sunk too deep.
He was sad because he was all alone, nothing left for him,
And wept himself to sleep.

The man was sick, and tired, and old,
And his time was almost up,
But before he died he forced a smile upon his face,
Just for old time sake.

The man was finally happy when his last second ticked away,
He opened his eyes wide enough to see the waking of the day,
The smile he had upon his face
Made his final tears vanish away.

The man smiled his final smile at all of his childhood memories,
Knowing that he would soon meet with the boy that he once was,
Singing, Dancing, Smiling
And setting his spirit free.

Hillary Tabah
Secondary I

Valedictory Address 2003

How did it get so late so soon? / It's night before it's afternoon. / December is here before it's June. / My goodness how the time has flewn. / How did it get so late so soon? -Dr. Seuss

Good afternoon Mrs. Brooks, Mr. Kousik, Ms. Del Torto, faculty, friends, and graduates of 2003.

When I first walked through the Penfield doors, what feels like so many years ago, I was (despite my delusions of grandeur) just a little girl swimming in an over-sized uniform.

And so, it is with a touch of the surreal that I stand before you today, in a uniform that finally fits, to say goodbye. I look at the graduating class and I see your beauty, your kindness, and your strength. We're not little girls anymore. Somehow, we have grown up. Bright and varied futures await us all. Each of us is intelligent and capable: we have been well-prepared for what is to come. I would like to focus, then, on the journey: on the times we've shared, and what we have meant to each other.

The past five years have not always been easy. In fact, they have frequently been gruelling and frustrating. But they have also been rich and wonderful. For better or for worse, these have been the pivotal years. We have stolen our first kisses, formed new friendships, travelled the world, made mistakes, suffered broken hearts, spoken our minds, fallen in love. We have told secrets in the Common Room, danced in the Reception Room, prayed in the Chapel, set things on fire in the Science Labs. This building, these rooms, have borne witness to our triumphs and our failures.

Together, we have laughed at stupid jokes, at ex-boyfriends, at Alicia, and at ourselves. Our voices and Vanessa's squeaks will echo forever in our empty classrooms and the memories of those whom we now leave behind.

Together, we have cried: some so loudly that the whole school heard them, and others more softly, or without making a sound. Some days, some weeks, some months, we didn't think we'd make it. Those times, we cried often. But even when the workload was crippling, when sleep was a luxury we could no longer afford, and when Mr. Boyer had to personally remove us from the building, we knew that we would sink or swim together. That is what Sacred Heart meant to me.

When I think about the past five years, it is impossible for me to construct a linear account. What shines through is a series of moments that sometimes seem like they were taken from someone else's life. I have trouble believing that the awkward twelve year old who stumbled into the Study Hall so long ago was once myself. Half-remembered stories, dramas, and even friendships make up the majority of my high school mythology. But some memories remain hard and clear: pledging for Girls-for-the-Cure in the pouring rain, one balmy afternoon in September, singing "Children of the Light" and feeling ridiculous and accepted; losing my voice at the Sacred Heart world cup; playing rubber-chicken ball in the snow.

It is ironic that only now, as my time here comes to a close, do I finally realize how fortunate I have been. I think that many of us feel the same way. After all, Sacred Heart is sometimes a thoroughly unpleasant place to be. We are pushed to the very limits of our academic potential, and at times our sanity. There have been late nights and early mornings when I wanted nothing so much as to be left alone: to run away to Greece and never be seen again, or just reacquaint myself with the dusty television, or the strangers who live in my house. But today, at the end, I know that it has all been worth while.

I have learned so much here. Not only history and (to my disgust) mathematics, but responsibility, diligence, and integrity. Our teachers guided us through it all, and doggedly insisted upon believing in us even when we had lost all faith and sense of humor. Miss De Mello's theatrics, Mme Arnaud's philosophy, Mr. Bordonaro's patience, Miss O'Neill's devotion: the unique gifts of all our teachers have touched us deeply, and have taught us more than any textbook ever could. How many French gentlemen would willingly get decked out in a wig and a kilt? To the faculty, I extend my most sincere thanks on behalf of the 73 young women to whom you have given everything and asked for nothing in return but our success.

And we have succeeded. We are here, together, about to move on to the next great adventure. Today, we graduate. With our diplomas in hand, we will softly, sadly turn away from childhood and everything that Sacred Heart meant to us, and go our separate ways. Some of us will never look back. The hard times will fade away, names and faces will blur, and only the moments will remain. This is not a tragedy. It is life, and it is bittersweet. But no matter where the winds blow us, we will always have the five years that we spent together. You needn't worry, Tara: We will never be strangers. As J.M. Barrie wrote, "God gave us memory that we might have roses in December."

As blessed as we are, we have endured many hardships: double-math on Monday mornings, Sarah's perpetually broken collar bone, endless stress, and serious illness. To survive, we have relied on our diversity. We are driven, brilliant, serious, shy, generous, bubbly, sarcastic, loyal, and wise. Our differing personalities and opinions have been a source of support and invaluable insight. Some lessons will stay with us forever. At the beginning of this year, one of us was faced with an ordeal that made all others seem trivial and petty. She has handled herself with a strength and grace which we can only wonder at. Although she has rarely been well enough to visit us here, our thoughts and prayers have always been with her. Sabrina, thank you for teaching us the meaning of bravery. You are, and will forever be, a precious part of this class.

As a unit, we move foward: no one is left behind. With confidence, perseverance, and compassion we will follow our dreams to the ends of the Earth, whatever they may be. We are finally ready: the world is our winged, flower-ridden oyster. That one was for you, Karina.

And so, I bid you farewell, my friends. Whatever the future may bring, remember that we have a place here, and in each other's memories. To the faculty: our gratitude, to the students: our love, to Sacred Heart: our childhood, and to the world: brace yourselves.

To end as I began, in the words of Dr. Seuss:
"Don't cry because it's over. Smile because it happened."

Goodbye, everyone.

Catherine Evans, Class of 2003

SPECIAL PRIZES MERITED BY MEMBERS OF THE CLASS OF 2003

Honour Roll Prizes

Andria Arcari*
Christine Chan
Claudine Courey
Alyssa Esposito
Catherine Evans*
Catherine Fernandes
Jacklyn Finn
Natasha Forgues
Peggy Gikas*
Teri Hatzihristidis
Christine Layden*
Aviva Masella*
Christina Sauro*
Anu Sharma
Natasha Siao
Georgia Vriniotis
Sarah Zullo

*Five years on Honour Roll

The Sacred Heart Music Award — Natasha Laszchuk

The Sacred Heart School of Montreal Art Prize — Catherine Fernandes

Headmistress' Memory Book Award — Anu Sharma, Co-Editor; Christina Zakem, Co-Editor

Norman T. Byrne Memorial Prize for Public Speaking — Catherine Evans

The Debating Prize — Catherine Evans

Bruce M. Hicks Public Service Award — Natasha Forgues

Sacred Heart B.L.C. Award for English — Catherine Evans

Student Council Prize — Melanie Pertugia

Parents' Guild Prize for Social Studies — Sarah Zullo

Sister Gertrude McNamara Memorial Prize for Mathematics — Christine Chan

Soeur Annette Archambault Memorial Prize for French Second Language — Christine Layden

City House Foundation Bilingual Proficiency Prize — Catherine Evans

Auriol Wilkins Roper Memorial Prize for Inter-Sports — Alicia Troli

Heather MacDougall Memorial Prize for Fine Arts — Olivia Del Torto

Judith Rossi Memorial Prize for Drama — Nancy Townsend

McGill Science Award for exceptional promise in Science and Mathematics — Georgia Vriniotis

Estelle Fitzgibbon Memorial Prize for highest composite average in Science — Christina Sauro

Patty Forbes Memorial Prize for Health Sciences — Avivia Masella

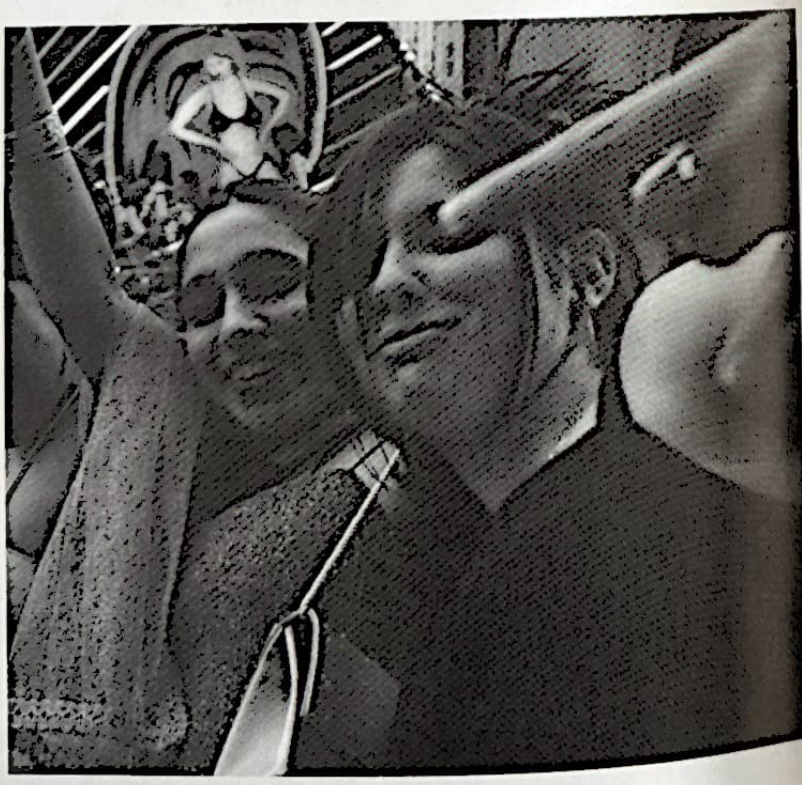
The Lieutenant Governor's Award for academic diligence and personal, social and community involvement — Aviva Masella

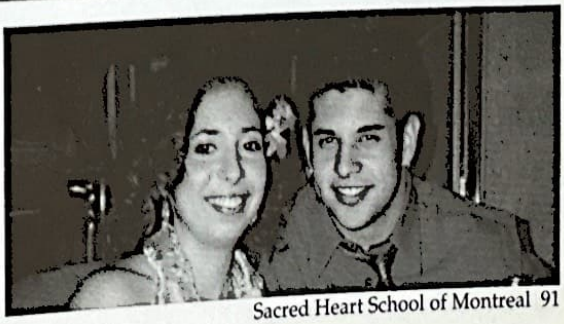
Provincial Council Award for demonstrating compassion and exceptional dedication through social action — Aviva Masella

Frances Smith Memorial Prize for significant contribution to the life of the school — Andria Arcari

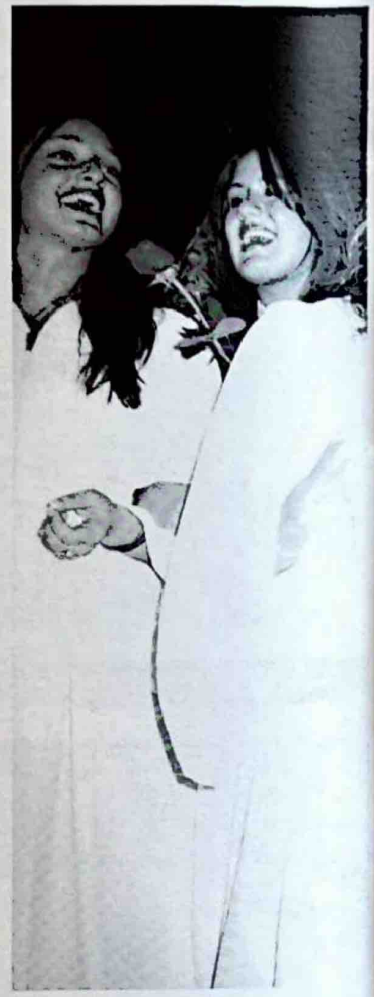
Governor's General Medal and Parents' Guild Award for the student with the highest general average — Catherine Evans

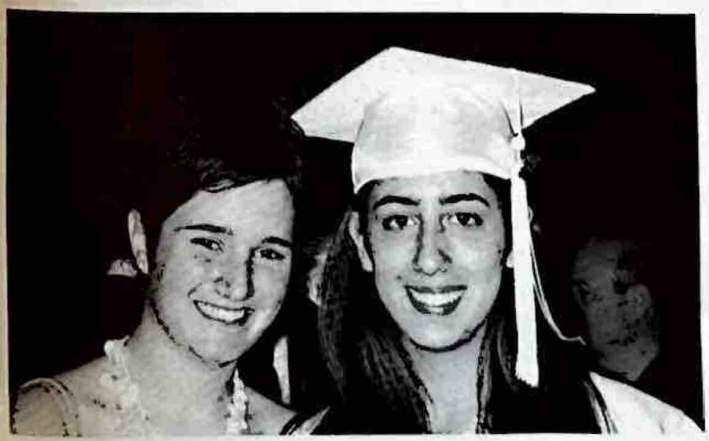
Grad Night





Graduation Ceremony

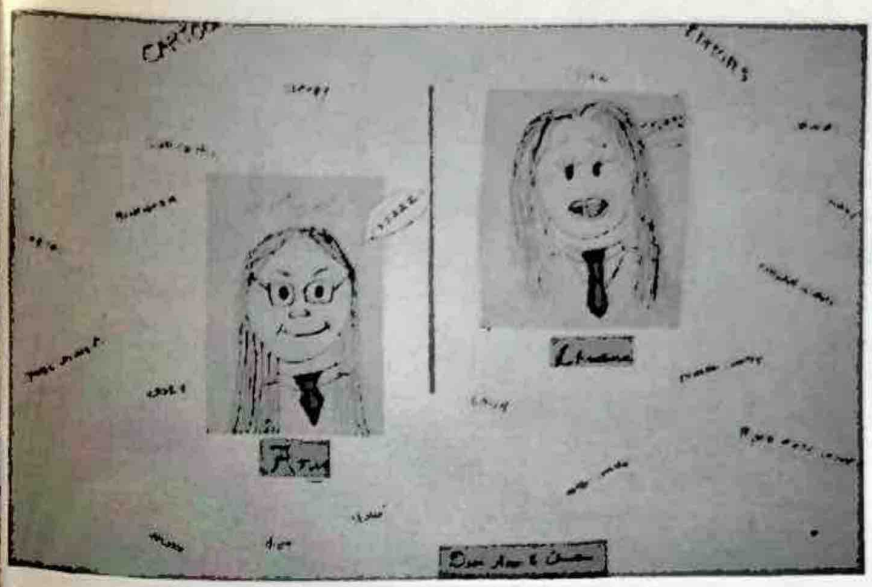


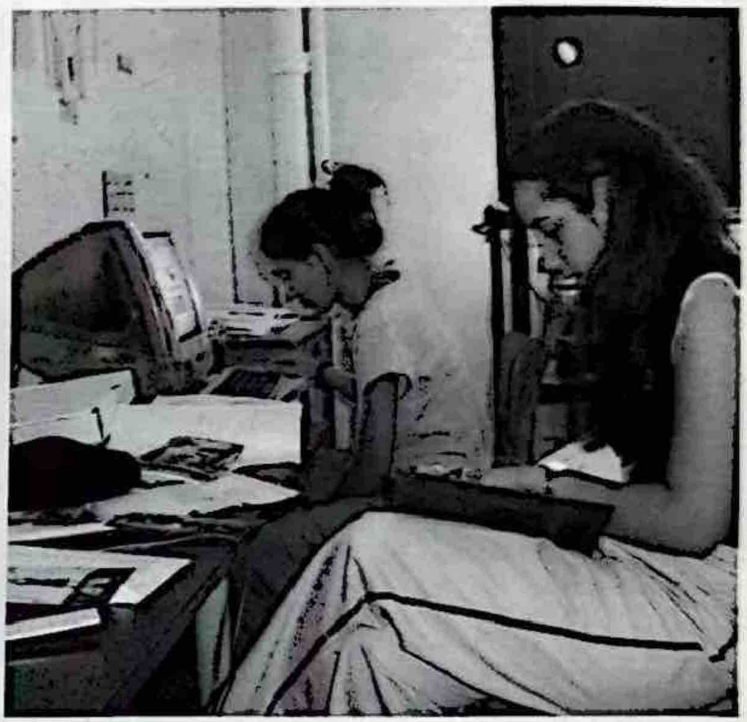


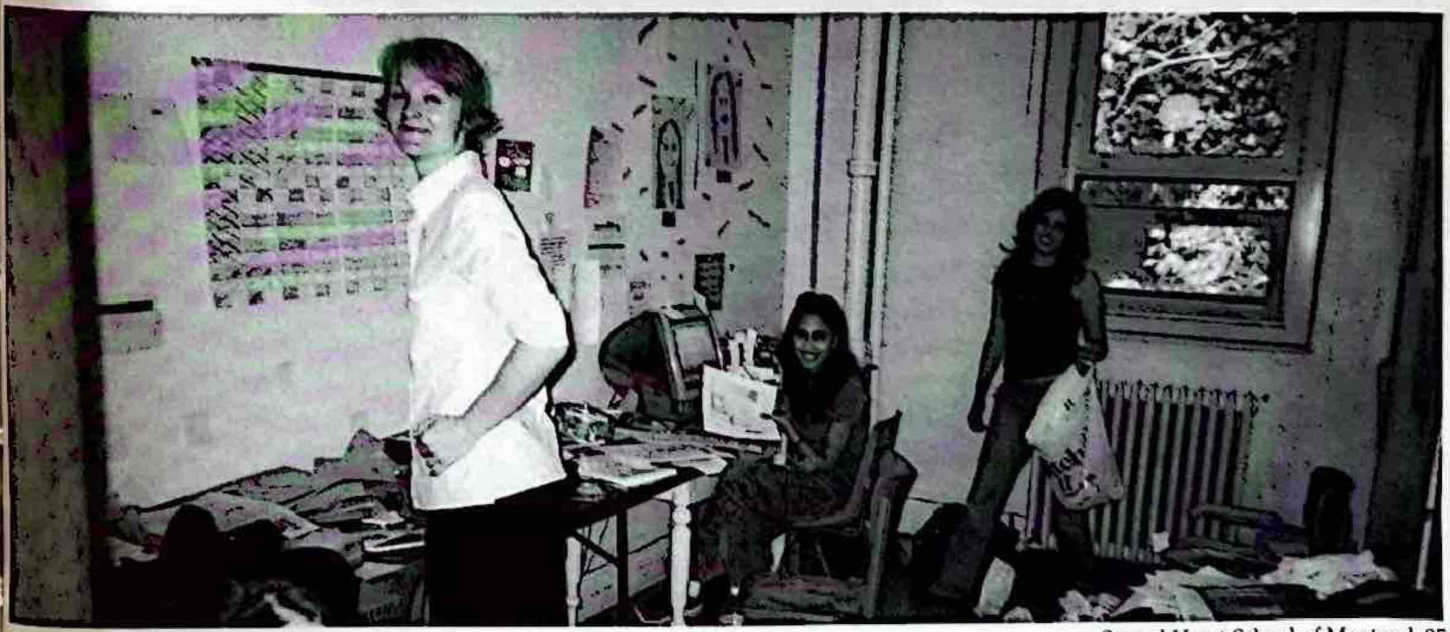
From the Desk of the Editors

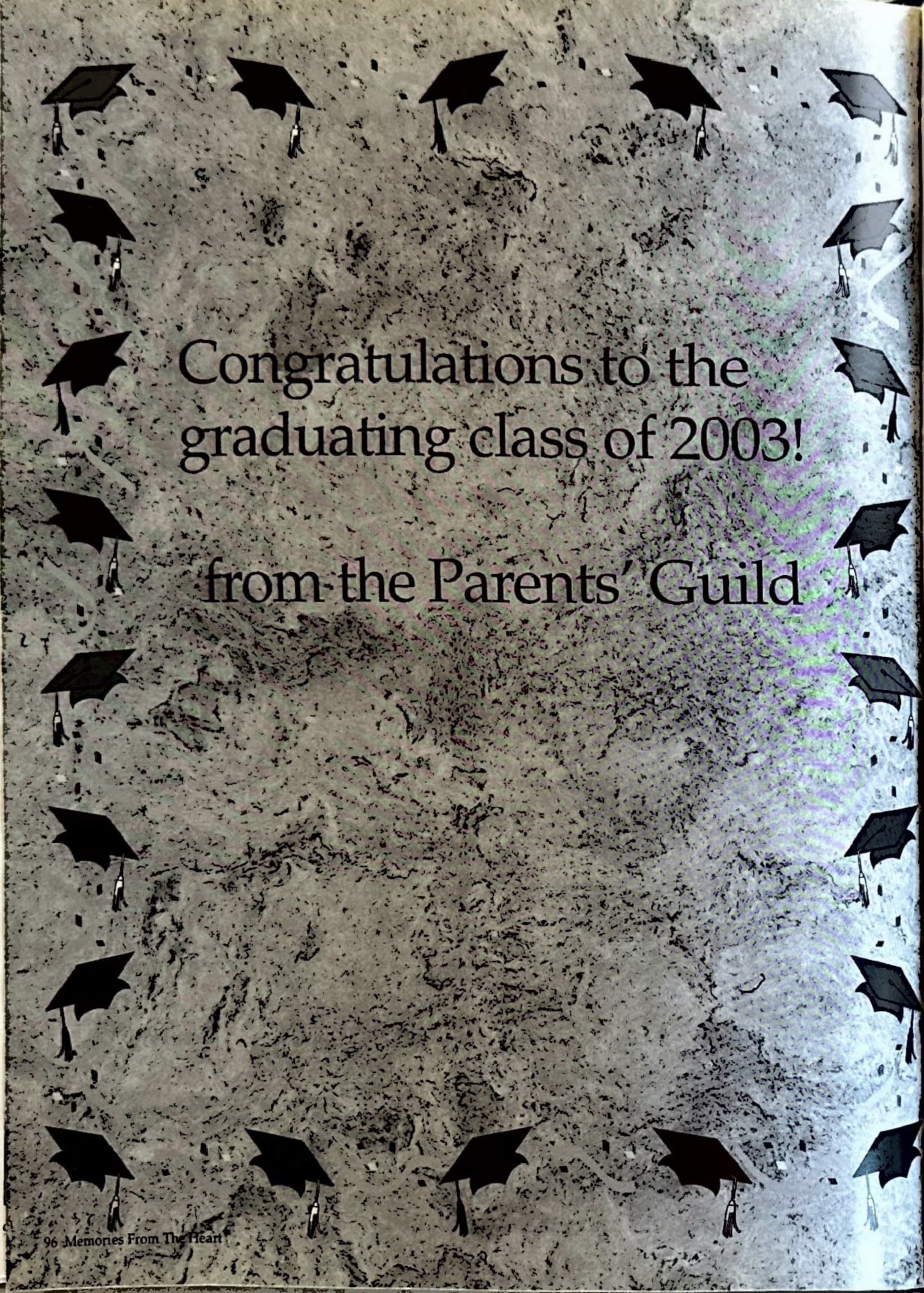
After several long days, late nights, and countless hours, this year's memory book is finally finished, and on schedule! This would not have been at all possible without the help, patience, and dedication of our wonderful memory book advisor, Ms. Bichsel. We would also like to thank the administration for their support. We cannot forget to thank Christine Chan, Catherine Fernandes, Alicia Hammer, Sophie Protopoulos, Nancy Townsend, Keyinsha Yokenderan, and Andrea Zakem, for their creative contributions, and encouragement. We wish next year's editors the best of luck. Here's a helpful tip: NEVER PROCRASTINATE!!

Anu Sharma and Christina Zakem
Saturday, July 5, 2003








Congratulations to the
graduating class of 2003!
from the Parents' Guild

PROFICOM
Financial Corporation

Michael Chimienti
Vice-President

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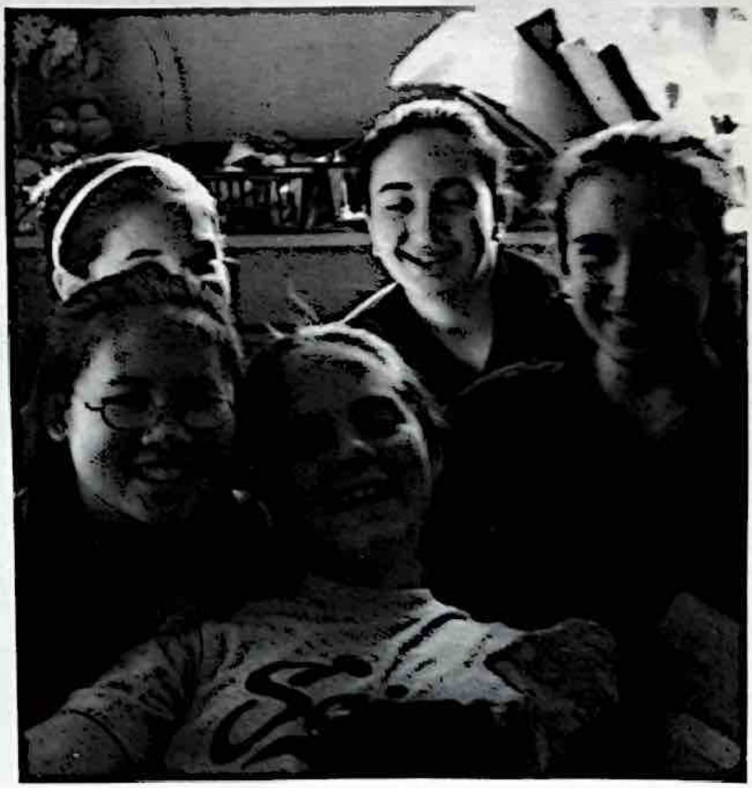
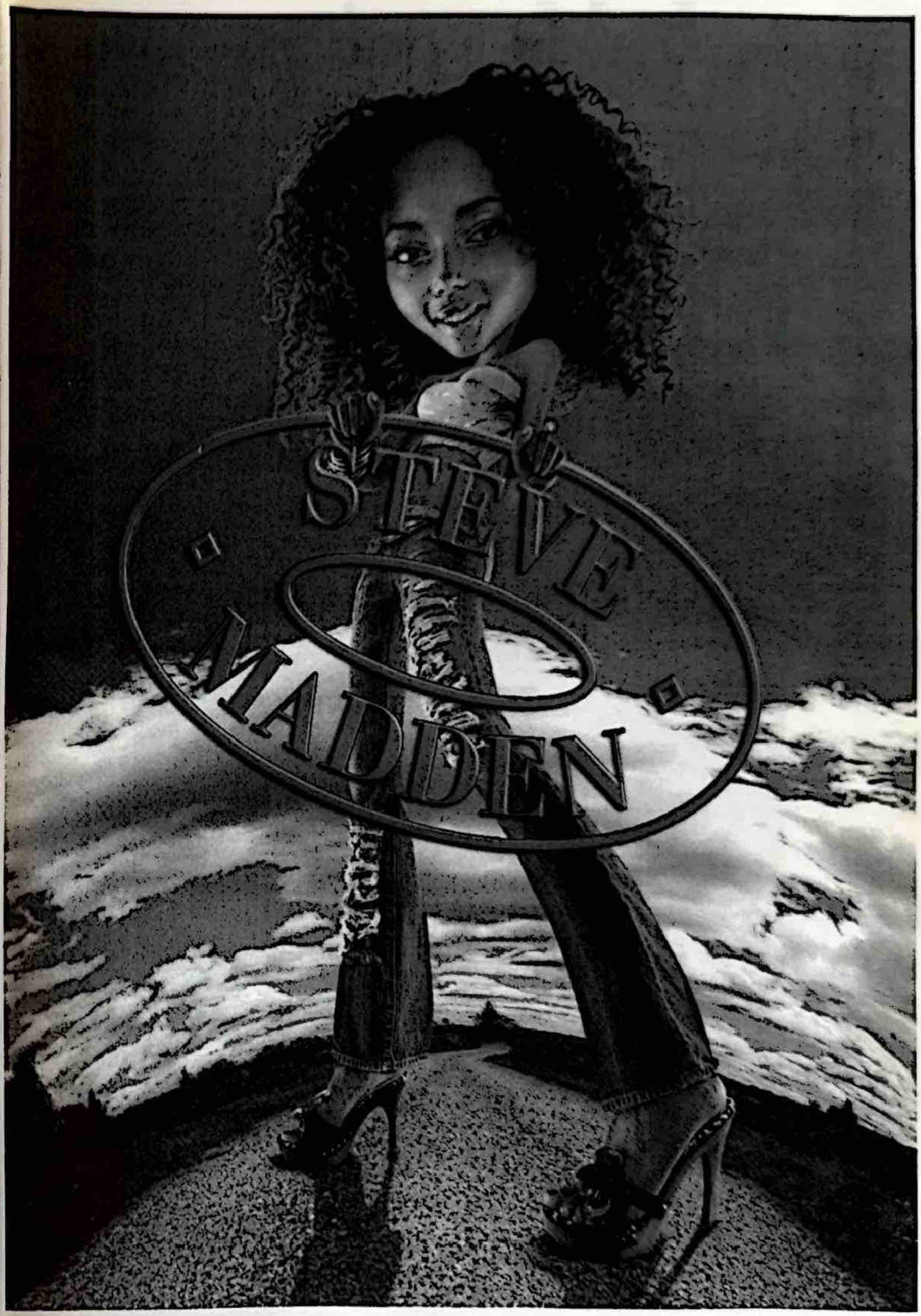


Graduates of 2003,

As you leave this place you knew as home, we would like to welcome you into our family as new members of the Sacred Heart Alumnae.

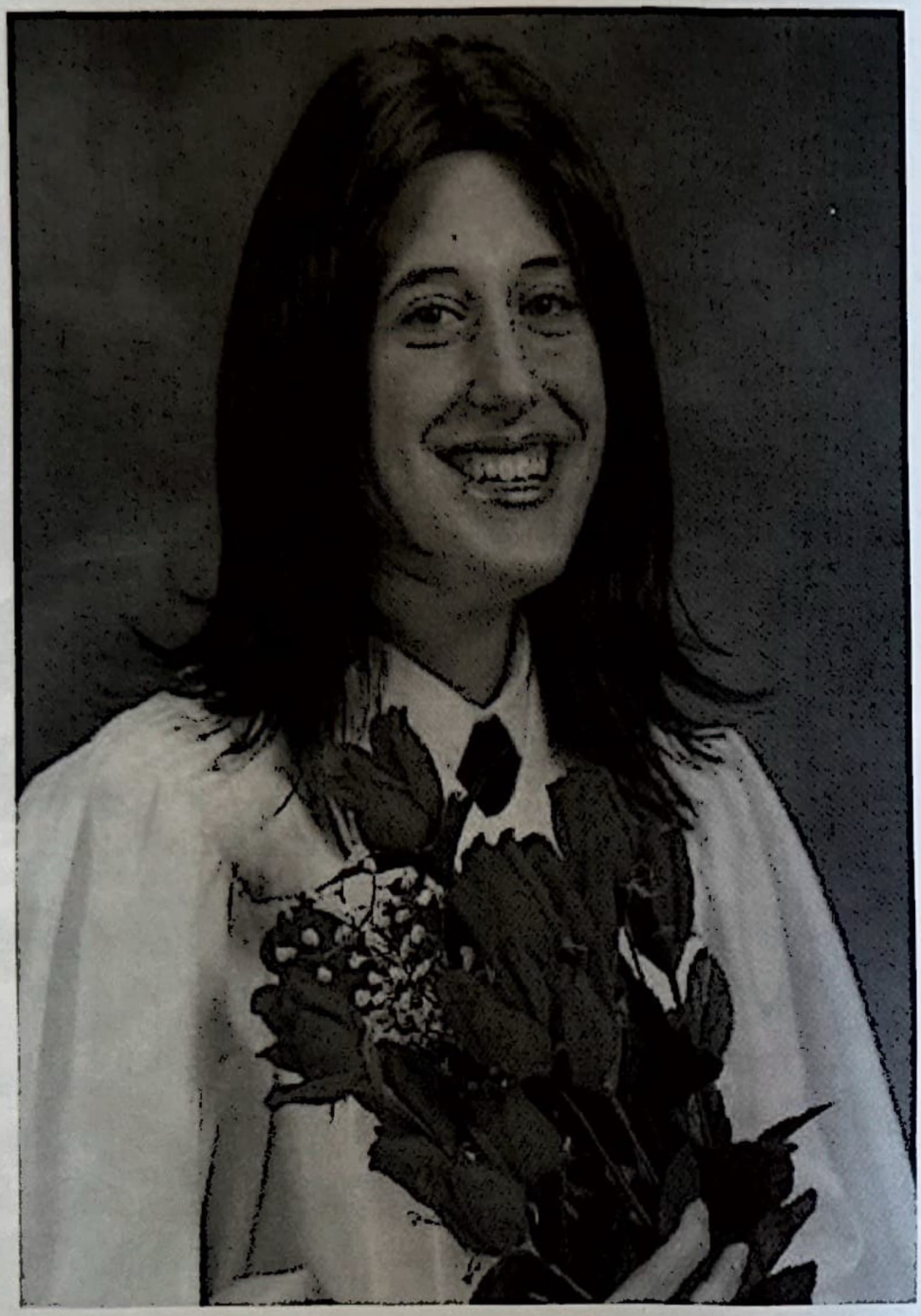
On behalf of the Alumnae Association, we wish you all the best in your future endeavours.

Congratulations!


STEVE
MADDEN

In Memoriam

Sabrina Di Giandomenico
1986 - 2003



"We have been friends in sunshine and shade."
Caroline Norton

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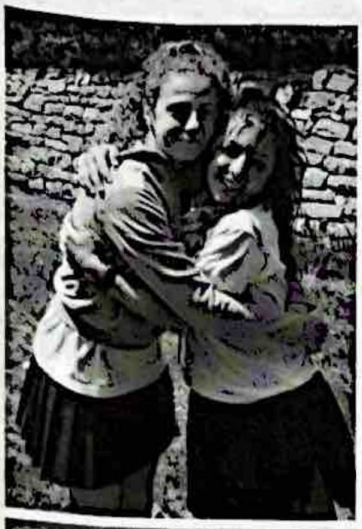

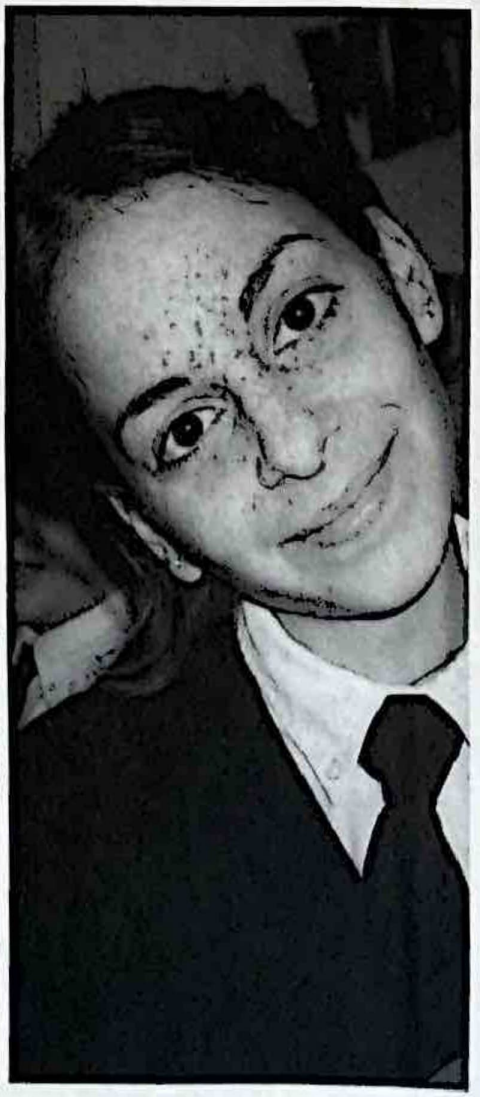

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